



## **MAC & TREES MUFFINS**

*makes 4 muffins*

3 oz. elbow macaroni, COOKED  
1/2 cup shredded cheddar cheese  
2 1/2 Tablespoons grated parmesan cheese plus 1/2 Tablespoon  
3 Tablespoons egg beaters  
1/4 cup low-fat milk  
3 Tablespoons reduced fat ricotta cheese  
1/2 cup frozen broccoli florets, thawed and chopped  
1/2 scallion thinly sliced  
small pinch nutmeg  
1 teaspoon dijon mustard  
1/4 teaspoon salt  
pinch of pepper  
1/2 tablespoon butter, melted  
1/4 cup breadcrumbs

Preheat oven 375 degrees

Spray muffin cups with non-stick spray

Warm macaroni and add cheddar cheese and 1/4 cup parmesan cheese, stirring until cheese is melted.

In a separate bowl, whisk egg, milk and ricotta.

Add egg mixture to pasta.

Stir in broccoli, scallion, mustard, nutmeg, salt and pepper.

Divide mixture evenly between sprayed muffin wells.

### **TOPPING**

Stir together breadcrumbs, butter and tablespoon parmesan cheese.

Divide topping between muffin wells, sprinkling on top of pasta and pressing down with fingers.

Cook 15 minutes until set and tops are golden brown.

Let cool 5 minutes before removing from muffin tin.

## **THE CULINARY PLAYGROUND**

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