

Macaroni and Cheese with Glazed Veggies

Try using sharp cheddar cheese to kick up the flavor in this family favorite.

Makes: 5 servings
 Prep Time: 15 minutes
 Cook Time: 30 minutes

Source: cdph.ca.gov

Ingredients

- 2 cups uncooked macaroni noodles
- nonstick cooking spray
- ½ cup chopped onions, about one medium onion
- ¾ cup evaporated skim milk
- 1 egg, beaten
- ½ teaspoon ground black pepper
- 1 ¾ cups shredded low-fat Cheddar cheese
- 4 cups frozen mixed vegetables (any kind)
- 1 teaspoon grated orange peel
- ½ cup 100% orange juice
- 1 Tablespoon Dijon-style mustard
- 1 teaspoon low-sodium soy sauce

Directions

1. Cook the macaroni noodles according to the package directions; drain and set aside.
2. Preheat oven to 350°F.
3. Spray a skillet with nonstick cooking spray and heat over medium heat. Add onions to skillet and sauté until tender, about 3 minutes.
4. Add evaporated milk, egg, ground black pepper, and 1 ½ cups cheese; mix until smooth.
5. Add cooked macaroni noodles to the cheese sauce and stir until well coated.
6. Spray a casserole dish with nonstick cooking spray. Pour the mixture into the casserole dish and sprinkle the top with the remaining ¼ cup cheese.
7. Bake for 25 minutes or until the top bubbles and begins to brown.
8. While the macaroni and cheese are baking, cook mixed vegetables in a microwave safe dish according to the instructions on the package.
9. Combine the remaining ingredients in a small bowl and stir until well blended.
10. Drain vegetables and toss with the orange juice mixture. Serve hot - 1 cup macaroni with ¾ cup of vegetables.



Small Changes,
 BIG Difference!



Utensils Needed

- Sauce Pan
- Skillet
- Measuring Cups
- Measuring Spoons
- Cutting Board
- Knife
- Mixing Spoon
- Grater
- Casserole Dish
- Drainer

SHOPPING LIST

Average total cost without oil and seasonings: \$16.99

Average cost/serving: \$3.40

Recipe makes: 5 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Fat-Free Evaporated Milk,
12 oz.



Add 1 to Cart
Eggs, 12 ct.



Add 1 to Cart
100% Orange Juice, 64 oz.



Add 1 to Cart
Fresh Orange



Add 1 to Cart
Shredded Cheddar Cheese,
8oz.



Add 1 to Cart
Fresh Onion



Add 1 to Cart
Mixed Vegetables, 32 oz.



Add 1 to Cart
Low Sodium Soy Sauce, 15
oz.



Add 1 to Cart
Dijon Mustard, 12 oz



Add 1 to Cart
Elbow Pasta, 16 oz.

SAVE TIME, SAVE MONEY

Cooking Tips

- Orange juice goes great in a lot of Summer time treats like: Peachy Pops, or Watermelon Cooler. Check out www.snapedny.org for more recipe inspiration and ideas!

My Cooking Notes

Nutrition Information

Serving Size: 1 c. pasta, 3/4 c. veggies

| Nutrients | Amount |
|----------------------|--------|
| Calories: | 457 |
| Total Fat: | 6 g |
| Saturated Fat: | 2 g |
| Cholesterol: | 52 mg |
| Sodium: | 597 mg |
| Total Carbohydrates: | 73 g |
| Dietary Fiber: | 10 g |
| Total Sugars: | 0 g |
| Added Sugars: | 0 g |
| Protein | 27 g |