



Macaroni and Cheese with Glazed Vegetables

Try using sharp Cheddar cheese to kickup the flavor in this family favorite.



INGREDIENTS

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| 2 cups uncooked macaroni noodles | 4 cups frozen mixed vegetables (corn, carrots, lima beans, peas, green beans) |
| nonstick cooking spray | 1 teaspoon grated orange peel |
| ½ cup chopped onions | ½ cup 100% orange juice |
| ¾ cup evaporated skim milk | 1 tablespoon Dijon-style mustard |
| 1 egg, beaten | 1 teaspoon low-sodium soy sauce |
| ½ teaspoon ground black pepper | |
| 1¾ cups shredded lowfat Cheddar cheese | |

PREPARATION

1. Cook the macaroni noodles according to the package directions; drain and set aside.
2. Place an oven rack in the middle of the oven. Preheat oven to 350°F.
3. Spray a skillet with nonstick cooking spray and heat over medium heat.
4. Add onions to skillet and sauté until tender, about 3 minutes.
5. Add evaporated milk, egg, ground black pepper, and 1½ cups cheese; mix until smooth.
6. Add cooked macaroni noodles to the cheese sauce and stir until well coated.
7. Spray a casserole dish with nonstick cooking spray.

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Makes 5 servings. 1 cup macaroni and ¾ cup vegetables per serving.
Prep time: 15 minutes **Cook time:** 30 minutes

Nutrition information per serving: Calories 457, Carbohydrate 73 g, Dietary Fiber 10 g, Protein 27 g, Total Fat 6 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 52 mg, Sodium 597 mg



Macaroni and Cheese with Glazed Vegetables *(continued)*



PREPARATION

8. Pour the mixture into the casserole dish and sprinkle the top with the remaining $\frac{1}{4}$ cup cheese.
9. Bake for 25 minutes or until the top bubbles and begins to brown.
10. While the macaroni and cheese is baking, cook mixed vegetables in a microwave safe dish according to the instructions on the package.
11. Combine the remaining ingredients in a small bowl and stir until well blended.
12. Drain vegetables and toss with the orange juice mixture.
13. Serve 1 cup of macaroni and cheese alongside $\frac{3}{4}$ cup of glazed vegetables.



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