

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**

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

INGREDIENTS

- 2 cups uncooked macaroni noodles
 - nonstick cooking spray
- 1/2 cup chopped onions
- 3/4 cup evaporated skim milk
- 1 egg, beaten
- 1/2 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 11/2 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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4 cups frozen mixed vegetables (corn, carrots, lima beans,

1 teaspoon grated orange peel

peas, green beans)

1/2 cup 100% orange juice

1 tablespoon Dijon-style

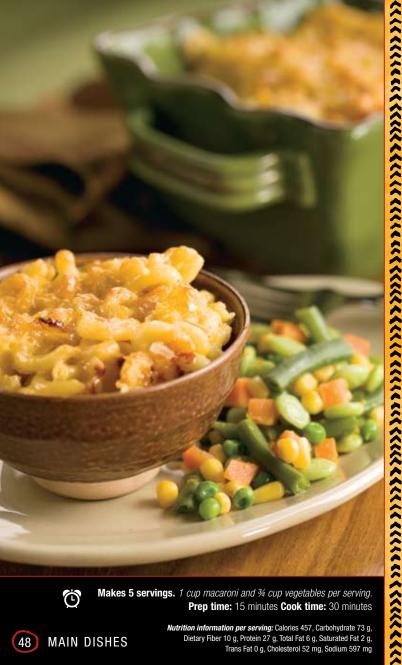
1 teaspoon low-sodium soy

mustard

sauce

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Macaroni and Cheese with Glazed Vegetables (continued)

PREPARATION

- 8. Pour the mixture into the casserole dish and sprinkle the top with the remaining 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 34 cup of glazed vegetables.



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