



# Nutrition News



## What Can I Do With a Box of Mac & Cheese?

### Taco Salad Mac & Cheese

Beans provide additional protein and veggies add fiber and more nutrients.

- 1 box mac and cheese
- 3 Tbsp. 1% milk (Vitamin D)
- 2 Tbsp. butter
- 1 cup canned black beans, rinsed and drained
- 1 cup canned corn, rinsed and drained
- 1 cup chopped red bell pepper
- 1 Tbsp. chopped jalapeño pepper

Prepare mac and cheese per package directions with milk and butter. When complete stir in the remaining ingredients and serve warm. Season to taste. Serve with a green salad.

### Broccoli-Almond Mac & Cheese

A combo of two super foods that can fight cancer and sooth skin.

- 1 box mac and cheese
- 3 Tbsp. 1% milk (Vitamin D)
- 2 Tbsp. butter
- 2 cups small broccoli florets
- 3/4 cup shredded Cheddar
- 1/2 cup sliced almonds

1. Preheat oven to 350°F. Cook pasta per package directions, adding broccoli 1 minute before removing from heat. Drain and set aside.
2. Make sauce as directed with milk and butter, then stir in shredded cheese. Combine sauce with pasta & transfer to an ovenproof casserole dish. Sprinkle sliced almonds on top, cover with aluminum foil, and bake 15 minutes. Serve warm.

### Ham & Peas Mac & Cheese

This recipe is sure to delight your family with added protein and veggies.

- 1 box mac and cheese
- 3 Tbsp. 1% milk (Vitamin D)
- 2 Tbsp. butter
- 1 cup frozen peas
- 1 cup diced ham
- 1/2 cup shredded Cheddar
- 1/2 tsp paprika
- 1 cup panko bread crumbs

1. Cook pasta per package directions, adding peas 1 minute before removing from heat. Drain pasta and peas.
2. Make sauce as directed with milk and butter, and combine with pasta and peas. Add ham, cheese and paprika. Stir to combine.
3. Transfer to an ovenproof casserole dish and top with panko. Broil until top is golden brown, 3 to 5 minutes.



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#### Questions? Ask Your WIC Staff

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