

## Easy Stovetop Macaroni and Cheese

*I'm never sure if Macaroni and Cheese is a side dish or a main course. Either way this recipe is super yummy. Not sure where this recipe came from but I know it by heart. Just be cautious while preparing it because the cheese can scorch very quickly. If this happens to you, no worries. My family prefers it a bit burnt. Pair it up with grilled chicken or throw in some broccoli and make this a meal to remember*

- 1 1/2 cups dry elbow macaroni
- 4 ounces of processed reduced fat American cheese (such as Velveeta light\*)
- 1/2 cup reduced fat milk
- 1/4 tsp ground mustard
- 1/2 tsp white pepper

Boil macaroni in medium pan until tender.  
While macaroni is cooking, combine remaining ingredients in small saucepan and slowly melt cheese over low heat until smooth and creamy.

### Possible Add-in's to Make a Meal:

- 1 cup shredded chicken
- 2 cans tuna packed in water
- 10 oz package of frozen broccoli, prepared according to package instructions
- 1 lb. extra lean ground beef
- 1 lb. lite Kielbasa sausage

**\*The information given herein is for educational purposes only. References to commercial products or trade names are made with the understanding that no endorsement by the Texas A&M AgriLife Extension Service is implied.**

Nutrition Facts	
Serving size: 1/2 cup (66g)	
Servings Per Recipe 6	
Amount Per Serving	
<b>Calories</b> 151	Cal. from Fat 25
% Daily Value*	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 2g	<b>8%</b>
Trans Fats 0g	
<b>Cholesterol</b> 9mg	<b>4%</b>
<b>Sodium</b> 306mg	<b>15%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 3g	
<b>Protein</b> 8g	
Vitamin A 4%	Vitamin C 0%
Calcium 15%	Iron 4%
*Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Encourage your family to make mealtimes meaningful by having conversation. Not sure what to talk about? Here is an idea!

Each family member can talk about a time when something did not go according to plan but yet something good still came from it.

