



Microwave Macaroni and Cheese



1-800-WIC-1007

Ingredients

- ½ cup whole wheat macaroni pasta, uncooked
- ½ cup water
- ¼ cup low-fat milk
- ¼ cup frozen peas and/or mashed frozen butternut squash
- ½ cup shredded cheddar cheese
- Pepper
- Parmesan cheese for serving (optional)

Directions

1. Combine the pasta and water and microwave on high for 2 minutes. Carefully remove from the microwave using an oven mitt and stir. Continue to microwave in 2 minute intervals until pasta is fully cooked. This will take about 6-8 minutes depending on the microwave. If the pasta absorbs all of the water before it is cooked, add an additional 2 tablespoons of water.
2. Measure the milk, frozen peas, and cheese and add to the bowl with the pasta. Mix well and place back in the microwave for 1 minute. Stir again and continue to microwave in 30 second intervals until the cheese is melted and the peas are cooked.
3. Optional: If using frozen butternut squash, microwave separately according to package directions, and mash with a fork.
4. Carefully remove from the microwave, cool, and serve with pepper and Parmesan cheese to taste.

Serves: 2 • Serving Size: 1 cup • Prep Time: 5 minutes • Cook Time: 10 minutes

Chef Tips

1. For added flavor, try: dried mustard, cayenne, paprika, garlic powder, onion powder, and/or Worcestershire sauce
2. Adjust the type of milk for preference or allergy as needed
3. Try different types of whole wheat pasta such as penne
4. Add different types of frozen, fresh or canned vegetables such as carrots, green beans, broccoli, and spinach

Supplies

- Microwave
- Medium microwave safe bowl
- Liquid and dry measuring cups
- Mixing spoon



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Nutrition Facts Per Serving: 266 Calories, 12g Fat, 26 g Carbohydrate, 15 g Protein, 249 mg Sodium