**Microwavable Macaroni and Cheese**

**Ingredients**

* ⅓ 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:** 15 minutes

**Supplies**

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

**Chef Tips**

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

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