

# M.V.P. MAC'N' CHEESE

Keep this recipe in your starting lineup. It will quickly become your MVD (most valuable dinner).

MAKES: 4 to 5 servings

## Ingredients

- 8 ounces dried multigrain penne pasta (about 2 $\frac{2}{3}$  cups dry)
- 2 cups frozen mixed vegetables
- 1 $\frac{1}{2}$  cups fat-free milk
- 3 tablespoons all-purpose flour
- 4 ounces reduced-fat American cheese (about 6 slices), torn
- 1 cup shredded reduced-fat cheddar cheese (4 ounces)
- 1 cup chopped cooked turkey breast
- 1 cup chopped, seeded tomatoes

## Tools

Measuring cups, measuring spoons, shredder, cutting board, sharp knife, large saucepan, wooden spoon, colander, hot pads

## Let's Make It!

**1** Fill the large saucepan three-fourths full with cool water. Put on burner. Turn burner to medium-high heat. Carefully add macaroni to saucepan. Cook following package directions. Use the wooden spoon to stir every now and again. About 4 minutes before macaroni should be done, add frozen vegetables to the saucepan. Bring back to boiling. Cook about 3 minutes more or until macaroni and vegetables are tender. Turn off burner. Place colander in sink. Using the hot pads, carefully pour macaroni and vegetables into colander to drain.

**2** Put milk and flour in the same saucepan. Stir to mix well. Put pan on burner. Turn burner to medium-high heat. Cook until mixture starts to

bubble. Cook for 2 minutes more. Use the wooden spoon to stir all of the time. Turn burner down to medium-low heat.

**3** Using the wooden spoon, stir in the American cheese a little at a time. When mixture is smooth, stir in the cheddar cheese a little at a time.

**4** When all the cheese is added and the sauce is smooth, add the macaroni and mixed vegetables, the turkey, and tomatoes. Cook and stir until heated through. Remove from heat. Turn off burner.

PER SERVING: 515 cal., 12 g fat (6 g sat. fat), 68 mg chol., 720 mg sodium, 61 g carb., 8 g fiber, 43 g pro.

 X1 $\frac{1}{2}$   X2  X1 $\frac{1}{2}$   X1

