

# Make-It-Easy Meal

Speedy Macaroni and Cheese  
(add tuna and vegetables  
for complete meal)

Carrot or Celery Sticks  
(or your favorite raw vegetables)

Your Favorite Fresh Fruit  
(or canned)

Milk



**It's easy to reduce the fat content of the Speedy Macaroni and Cheese casserole.**

Buy water-packed tuna instead of oil-packed.

## Shopping List

- macaroni noodles
- powdered, nonfat dry milk
- cheddar cheese
- water-packed tuna (optional)
- frozen or canned peas or carrots (optional)
- carrots or celery (or your favorite raw vegetables)
- fresh or canned fruit
- milk



# Speedy Macaroni and Cheese

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3 cups hot, cooked macaroni  
 $\frac{2}{3}$  cup warm water  
 $\frac{1}{3}$  cup powdered, nonfat dry milk  
2 cups cheddar cheese, shredded

1. Mix warm water and dry milk with a fork or wire whisk.
2. Add to macaroni. Mix well.
3. Add cheese to macaroni. Cook in pan over low heat until cheese melts.

Serves 6.

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**Tip:** To create a complete meal, add 1 can of tuna, drained, and 1-2 cups of peas or carrots to create Speedy Macaroni and Cheese casserole.

**Tip:** For a zesty change, add a jar of salsa when you add the cheese.



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