



# Macaroni and Cheese with Glazed Vegetables

*Try using sharp Cheddar cheese to kickup the flavor in this family favorite.*



## INGREDIENTS

2 cups uncooked macaroni noodles	4 cups frozen mixed vegetables (corn, carrots, lima beans, peas, green beans)
nonstick cooking spray	1 teaspoon grated orange peel
½ cup chopped onions	½ cup 100% orange juice
¾ cup evaporated skim milk	1 tablespoon Dijon-style mustard
1 egg, beaten	1 teaspoon low-sodium soy sauce
½ teaspoon ground black pepper	
1¾ cups shredded lowfat Cheddar cheese	

## PREPARATION

1. Cook the macaroni noodles according to the package directions; drain and set aside.
2. Place an oven rack in the middle of the oven. Preheat oven to 350°F.
3. Spray a skillet with nonstick cooking spray and heat over medium heat.
4. Add onions to skillet and sauté until tender, about 3 minutes.
5. Add evaporated milk, egg, ground black pepper, and 1½ cups cheese; mix until smooth.
6. Add cooked macaroni noodles to the cheese sauce and stir until well coated.
7. Spray a casserole dish with nonstick cooking spray.

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**Makes 5 servings.** 1 cup macaroni and ¾ cup vegetables per serving.  
**Prep time:** 15 minutes **Cook time:** 30 minutes

**Nutrition information per serving:** Calories 457, Carbohydrate 73 g, Dietary Fiber 10 g, Protein 27 g, Total Fat 6 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 52 mg, Sodium 597 mg



# Macaroni and Cheese with Glazed Vegetables *(continued)*



## PREPARATION

8. Pour the mixture into the casserole dish and sprinkle the top with the remaining  $\frac{1}{4}$  cup cheese.
9. Bake for 25 minutes or until the top bubbles and begins to brown.
10. While the macaroni and cheese is baking, cook mixed vegetables in a microwave safe dish according to the instructions on the package.
11. Combine the remaining ingredients in a small bowl and stir until well blended.
12. Drain vegetables and toss with the orange juice mixture.
13. Serve 1 cup of macaroni and cheese alongside  $\frac{3}{4}$  cup of glazed vegetables.



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