



# Mac and Cheese in a Mug

Servings 1 | Prep time 5 mins. | Total time 8 mins.

**Equipment:** Large mug (2.5 cups/20 ounces),  
Measuring cups, Plate  
**Utensils:** Spoon

## Ingredients

1/2 cup whole wheat elbow macaroni OR other  
small pasta  
1/2 cup water  
1/2 cup vegetables chopped fine (broccoli and  
onion)  
1/2 cup shredded cheddar cheese  
Salt, pepper, hot sauce, to taste (optional)

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, produce, and tops of cans.
2. In large, microwave-safe mug, spray mug with non-stick spray and add macaroni and water. Use small shape pasta like elbow macaroni or orzo – it will not work with a large pasta shape like rotini, penne, etc.
3. Place mug on a large plate. Microwave at full power for 1 minute.
4. Remove from microwave mug and stir macaroni, making sure to loosen any macaroni that may be stuck to the bottom of mug.
5. Microwave for an additional 1 minute and stir again.
6. Add vegetables and continue to microwave mixture at 30 second intervals, stirring in between. Cook until noodles are tender. If your macaroni gets dry, add 1 tablespoon of water.
7. Working quickly, add in cheese and stir until cheese melts completely and evenly coats macaroni. Add salt, ground black pepper or hot sauce if using, and serve immediately.

## Nutritional Information:

Calories 460  
Total Fat 15g  
Sodium 390mg  
Total Carbs 59g  
Protein 27g