



Mac and Cheese In a Mug

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

Equipment:

Large mug (about 2 1/2 cups or 20 ounces)

Plate

Utensils:

Measuring cups

Spoon

Ingredients

1/2 cup uncooked whole grain elbow macaroni OR other small pasta

1/2 cup water

1/2 cup vegetables (broccoli, onion, bell pepper, carrot, etc.), finely chopped

1/2 cup cheddar cheese, shredded

Optional toppings to taste: salt, black pepper, hot sauce

Non-stick spray

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. In large, microwave-safe mug, spray mug with a non-stick spray and add macaroni and water. Use small shape pasta like elbow macaroni or orzo -- it will not work with a larger 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, black pepper, and hot sauce (if using). Serve immediately.

Nutritional Information:

Calories 470 Total Fat 15g Sodium 380mg Total Carbs 60g Protein 27g