



# 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

## Nutritional Information:

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

## 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.