



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 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

Nutritional Information:

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