Mac ‘n’ Cheese w/ Veggies

Prep Time: 10 min  Cook Time: 15 min  Yield: 3

Ingredients:

Step 1:
- 1 ½ cup of elbow macaroni or shell pasta
- 3 cups water
- 2 Tbsp. unsalted butter
- 2 Tbsp. cream cheese

1. Mix and microwave the pasta, water, and salt, covered -- for 6 minutes.
2. Drain the excess water in a colander and place the pasta back into the bowl.
3. Quickly, add the butter and cream cheese, and mix until melted. Microwave for 10 seconds.

Step 2:
- 1 cup milk
- ½ cup frozen corn
- ½ cup frozen peas
- 8 oz. block mild cheddar cheese, shredded
- 5 Tbsp. parmesan cheese
- ½ cup cheese crackers, crushed (Optional)

1. Microwave the milk and frozen corn and peas in together for 3 min.
2. Add the scalded (needs to be hot) milk to the pasta and mix well.
3. Then add the cheeses and mix continuously until melted and a cheese sauce forms.
4. Microwave for 10 seconds if needed to melt further
5. Serve, optionally top with crushed cheese crackers.

Cheese, is a good source of dairy and protein. Made from pressed cheese curds and hosts nutrients such calcium, phosphorus, zinc, Vitamin A and B12 – many of which are essential for normal functions in the body.