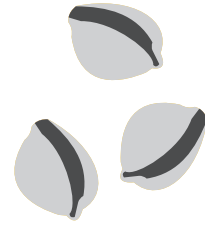


TRY THIS AT HOME:
Velvety Mac 'n' Cheese



You will need:

1 pound macaroni shells
(whole wheat)
12-ounce can evaporated skim milk
2, 8-ounce packages of fat-free
shredded cheddar cheese

PREP TIME: 10 minutes

3-4 slices fat-free
American cheese
Salt and pepper to taste
Help from an adult

Cheeeeesy, make you own macaroni and cheese!

1. Cook macaroni according to package directions, then drain.
2. In a large microwave safe bowl, mix the evaporated skim milk, cheeses and spices.
3. Heat in the microwave for 4 minutes, mixing halfway through.
4. Pour cheese over macaroni noodles.
5. Enjoy this creamy dish!

SERVING SIZE: 1/2 cup

Fun Fact

You can make macaroni and cheese healthier by using no-fat or low fat cheeses and whole wheat macaroni shells. When choosing no-fat or low-fat cheeses for your macaroni & cheese, look for words like “fat-free,” “reduced fat,” “made with skim milk” or “made from 2% milk”. All it takes to reach 3 cups a day from the milk group is a cup of skim milk with breakfast, a cup of low-fat yogurt at lunch and a helping of Velvety Mac 'n' Cheese for dinner.