



## HIGH FIVE RECIPES

# Stovetop Mac and Cheese

**Serves 2. Prep time: 20 minutes total.**

### The High Five

1 ½ cups skim milk  
2 tablespoons minced onion  
8 ounces macaroni, 2 cups  
½ cup frozen peas  
4 ounces sharp cheddar cheese,  
shredded

### Pantry and Kitchen Items

1 ½ cups water  
½ teaspoon salt

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## Preparation

Place milk, water, onion and salt in a 4-quart saucepan over medium-high heat. Bring to a full boil, then stir in the macaroni. Stir and bring to a boil, then reduce heat to keep at a simmer. Stir frequently for 10 minutes.

Start testing the pasta for doneness. When just al dente, stir in the peas, and when they are heated through, stir in the cheese and keep stirring until melted and creamy. Serve hot.

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## Ingredient checklist

### PRODUCE

- Onion

### GROCERY

- Macaroni

### REFRIGERATED/DAIRY

- Skim milk
- Sharp cheddar

### FROZEN

- Peas

### SPICES/SEASONINGS

- Salt

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## Serving suggestion

Kids of all ages like macaroni and cheese, but if your kids aren't fond of peas, just subtract them from this recipe. You can't go wrong serving mac and cheese with roasted or fried chicken.

## Nutritional information per serving

650 calories	78 g. carbohydrate
22 g. fat	2 g. fiber
145 mg. cholesterol	35 g. protein
1110 mg. sodium	

*The nutritional values and information provided are approximations.*

