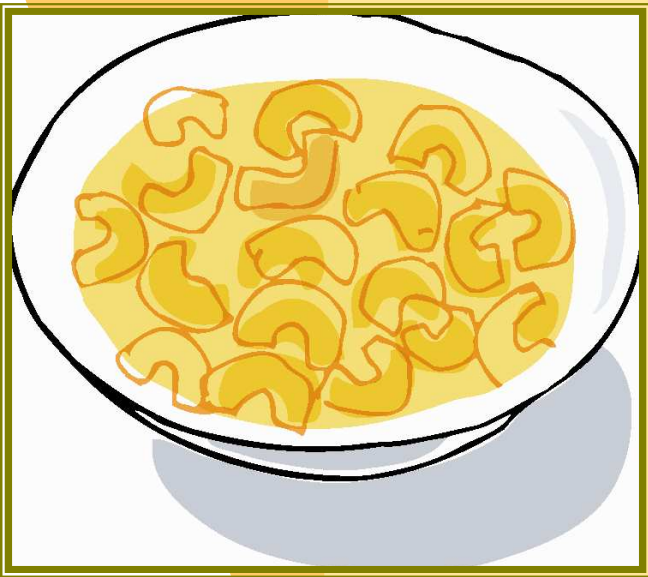


# Easy One Pot Macaroni and Cheese



## Ingredients:

- 2 cups uncooked whole wheat macaroni
- 1 cup fat-free milk
- 2 cups fat-free shredded cheddar cheese
- 1/4 tsp black pepper
- 1/2 teaspoon dry mustard

## Nutrition Facts:

Serving Size 1 cup

250 calories  
1 g total fat  
0 g saturated fat  
34 g carbohydrate  
25 g protein  
4 g fiber  
475 mg calcium

## Directions:

1. In a large pot, bring 8 cups of water to a boil.
2. Add uncooked macaroni and cook for 10 minutes.  
DO NOT ADD SALT TO WATER.
3. Drain macaroni and return back to pot.
4. Add skim milk.
5. Stir in cheese, black pepper and dry mustard.
6. Cook over low heat, stirring occasionally until the cheese melts.

## Tasty Additions:

- 1/2 cup cooked broccoli
- 1 small chopped tomato
- 1/2 cup chopped onion or bell peppers
- 1/2 cup 97% fat-free chopped ham or turkey