Meaty Macaroni and Cheese
Makes 4 servings

Ingredients:
- ¾ pound lean ground turkey*
- 1 ½ cups water
- 1 cup macaroni
- 1 (15-ounce) can diced tomatoes, undrained
- ½ cup Eating Smart Seasoning Mix
- ½ cup reduced fat grated cheese

*Lean ground beef can be substituted

Be Creative: Add chopped cooked onion and sweet green bell pepper.

Directions:
1. Brown ¾ pound ground turkey in a large skillet, drain the fat.
2. Add water, macaroni, tomatoes and seasoning mix. Stir.
3. Bring to a boil, reduce heat to low and simmer covered for 15-20 minutes or until macaroni is tender.
4. Remove from heat and add ½ cup grated cheese.
5. Taste; then, add a small amount of salt if needed.
6. Refrigerate leftovers.

Yields about 4 servings

Source: Adapted from Eating Smart, Being Active, California EFNEP and Colorado EFNEP

Nutrition Facts
4 servings per container
Serving size 1/4 of Recipe (349g)

Amount per serving
Calories 270
% Daily Value
Total Fat 4g 5%
Saturated Fat 2g 10%
Trans Fat 0g
Cholesterol 55mg 18%
Sodium 400mg 17%
Total Carbohydrate 28g 11%
Dietary Fiber 1g 4%
Total Sugars 6g
Includes 0g Added Sugars 0%
Protein 28g

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.