Meaty Macaroni and Cheese

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

| Serving Size 1 cup (11.5 ounces) | Calories  | 290 | Calories from Fat  | 40%
|----------------------------------|----------|-----|--------------------|--------
| Total Fat                        | 4.5g     | 7%  | Saturated Fat      | 2g     | 9%  |
| Trans Fat                        | 0g       |     | Cholesterol        | 45mg   | 14% |
| Sodium                           | 380mg    | 16% | Total Carbohydrate | 32g    | 11% |
| Dietary Fiber                    | 3g       | 12% | Sugars             | 9g     |     |
| Protein                          | 32g      |     |                   |        |     |

| Vitamin A                        | 15%      |     | Vitamin C          | 15%    |
| Calcium                          | 25%      |     | Iron               | 15%    |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
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<tbody>
<tr>
<td></td>
<td>Less than</td>
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<td>2,400mg</td>
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14% calories from fat
Nutrition Facts based on standard recipe using 98% fat-free ground turkey.