

# Let's Cook our Commodities!

## Mac & Cheese

### Ingredients

- 2 cups dried whole wheat pasta of your choice (e.g. rotini, macaroni, penne, etc.)
- 2 Tbsp. nonfat dry milk powder
- 2 Tbsp. whole wheat flour
- 1 Tbsp. vegetable or canola oil
- 1¼ cups boiling water
- 1½ cups low- or non-fat shredded cheese (e.g. mozzarella, cheddar)
- ¼ tsp. salt

**Makes**  
8 servings

**Prep Time**  
10 minutes

**Cook Time**  
25 minutes

**Good Source of**  
Calcium  
Fiber  
Protein



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### Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>1/2 cup (141g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
<b>% Daily Value*</b>	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 240mg	10%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein 12g</b>	
Vitamin D 0mcg	0%
Calcium 232mg	20%
Iron 1mg	6%
Potassium 128mg	2%

\*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.

### Directions

1. To prepare pasta: reduce cook time 2 to 3 minutes less than the pasta package directions. Be sure to remove from heat, strain, rinse, and set aside.
2. Preheat oven to 350 degrees F.
3. In a large bowl, mix dry milk powder, whole wheat flour, and oil until well combined.
4. Gradually add boiling water, beating constantly with a whisk to prevent lumps from forming.
5. Add 1 cup of shredded cheese and continue beating until smooth.
6. Stir in the cooked pasta and salt. Combine all ingredients well.
7. Transfer pasta mix to the baking dish. Cover with foil and bake for 25 minutes.
8. After 25 minutes, remove the foil and sprinkle with remaining ¼ cup cheese.
9. Return to oven, uncovered, and bake for an additional 1 to 2 minutes, or until the cheese topping melts.
10. Serve hot. Refrigerate any leftovers.

