

Struggle Meals One Pot Macaroni & Cheese

(Cut this recipe in half)

INGREDIENTS

Salt and pepper
2 teaspoons onion powder
2 1/2 cups water
2 1/2 cups whole milk
1 (16-ounce) box medium shells
1 3/4 cups grated white cheddar cheese
2 teaspoons Dijon mustard
3 butter packets
2 tablespoons chives, minced

INSTRUCTIONS

1. In a large high-sided skillet or cast-iron pan, add pepper, onion powder, water, milk and pasta. Bring to a boil, stirring regularly. Turn down to a simmer and continue to stir regularly, cooking for 10 to 15 minutes, or until almost all of the liquid is absorbed.
2. Add the cheese and mustard, stir until melted through. Stir in butter. Season with salt and pepper, remove from heat and garnish with chives.

Onion powder _____ teaspoons

Water _____ cups

Whole milk _____ cups

Medium shells _____ box or _____ ounces

Cheddar cheese _____ cups + _____ tablespoons

Dijon mustard _____ teaspoons

Butter packets _____ or _____ tablespoons (each packet is equal to one tablespoon)

Chives _____ tablespoons

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& answer the
questions



A. What is the purpose of putting older spices in a dry pan to heat?

B. What is the purpose of cooking the pasta in both water and milk?

C. What is the best way to save money when buying cheese?

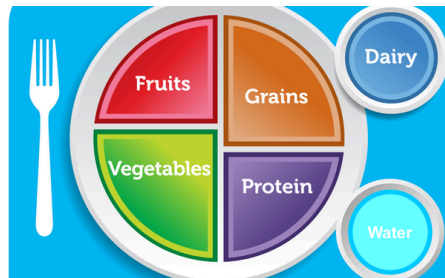
D. What is the purpose of the mustard in this recipe?

E. Why is the butter added at the end of this recipe?

F. What are 3 benefits/pros to preparing one dish meals like this one? Any cons?

MIXED DISHES

According to MyPlate, “mixed dishes” are considered crossover artists because they contain several different food groups. Macaroni and cheese is an example of a mixed dish because it contains both dairy and grain food groups. Mixed dishes can be served as an entree (main dish) or side especially if they contain a protein food. Adding additional food groups can not only enhance the appearance of your dish, but also enhance its nutritional value. Below is a variety of “macaroni mix-ins”. Sort the “mix-ins” into their appropriate MyPlate food group.



MACARONI MIX-INS

American cheese, avocado, bacon, baked beans, bread crumbs, broccoli, Cheddar cheese, chives, chow mein noodles, corn chips, croutons, ground beef, ground turkey, ham, kidney beans, Muenster cheese, mushrooms, peas, peppers, pesto, pork taco meat, salsa, sausage, spinach, Swiss cheese, tomatoes, etc.

Fruits	Vegetables	Grains	Proteins	Dairy	Misc. (herbs/spices)

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