

Can-Do MACARONI

Pasta Salad

Servings: 6

Ingredients

- 3 cups cooked pasta
- ¼ cup chopped onion
- One 15-ounce can mixed vegetables, drained
- One 12.5-ounce can chunk chicken, drained
- ¼ cup chopped red or green bell pepper
- ½ cup cubed cheddar cheese (optional)
- ¼ cup Italian dressing

Directions

1. Wash hands and surfaces.
2. In a large bowl, combine all ingredients and mix well. Cover and refrigerate until ready to serve.
3. Refrigerate leftovers immediately.



Additional cooking tips

- Any vegetable can be used in this recipe. Try sliced carrots, tomatoes, celery or olives.
- Chopped cooked chicken can be used in place of canned.
- Use whole-grain pasta for extra fiber.



Southwest Baked Pasta and Cheese

Servings: 6

Ingredients

- 1 cup dry elbow pasta
- One 14.5-ounce can diced, no-salt-added tomatoes, drained
- One 10.75-ounce can condensed cheddar cheese soup
- One 4-ounce can diced mild green chiles
- ¼ cup milk
- 1 teaspoon chili powder
- ¾ cup shredded sharp cheddar cheese, divided
- 1 cup crushed tortilla chips

Directions

1. Wash hands and surfaces.
2. Heat oven to 375 F.
3. Cook pasta according to package directions. Drain.
4. While pasta is cooking, mix the tomatoes, soup, chiles, milk, chili powder and ½ cup of the cheese in a large bowl.
5. Add hot pasta to the bowl of other ingredients and mix to blend thoroughly.
6. Transfer to a 2-quart, shallow baking dish and spread to even out the top; top with remaining ¼ cup of cheese.
7. Bake in the center of the oven for about 20 minutes, until bubbly.
8. Sprinkle top with the crushed tortilla chips and bake 5-10 minutes longer, until the topping is lightly browned.
9. Serve hot. Refrigerate leftovers immediately.



Macaroni and Cheese with Broccoli

Servings: 6

Ingredients

- 2 cups dry elbow macaroni
- 4 tablespoons flour
- 2 cups milk
- 2 cups shredded, low-fat cheddar cheese
- ½ teaspoon pepper
- 2 cups broccoli, cooked and chopped (Can be frozen.)
- Salt to taste

Directions

1. Wash hands and surfaces.
2. Cook macaroni, following package instructions. Drain the cooked macaroni and return to pan.
3. While macaroni is still warm, sprinkle in flour and stir thoroughly.
4. Over medium heat, slowly stir the milk into the macaroni.
5. Add the cheese and pepper. Over medium heat, stir until the milk and cheese thicken into a creamy sauce, approximately 7-10 minutes.
6. Stir the broccoli into the macaroni mixture and heat thoroughly. Add salt to taste.
7. Serve hot. Refrigerate leftovers immediately.



Funded in part by USDA SNAP.
For more information, call MU Extension's
Show Me Nutrition Line at 1-888-515-0016.
Need help stretching your food dollars?
Contact your local resource center or go
online to mydss.mo.gov/food-assistance



Minestrone Soup

Servings: 4

Ingredients

- One 15-ounce can stewed tomatoes
- Three 15-ounce cans of chicken or beef broth
- One 15-ounce can of pinto or kidney beans, drained and rinsed
- 1 cup dry elbow macaroni
- One 15-ounce can potatoes or 2 medium potatoes
- One 15-ounce can mixed vegetables
- ½ teaspoon Italian seasoning
- ¼ teaspoon black pepper

Directions

1. Wash hands and surfaces.
2. In a large pot, combine tomatoes, broth and beans.
3. Bring the soup to a boil, and add the macaroni, potatoes and vegetables. Reduce to low heat.
4. Let simmer for 6-8 minutes, or until the pasta and vegetables are tender and heated through.
5. Serve hot. Refrigerate leftovers immediately.