

# Mac n Cheese

## Ingredients

- 6-1/2 oz whole grain macaroni noodles
- 1-1/2 cups italian cheese sauce
- 1/4 cup 1% milk
- 1/8 tsp pepper
- 1/8 tsp cumin

## Directions

1. Cook pasta in boiling water for 7-10 minutes. Pasta should be tender but not mushy.
2. In a large pot, place cheese sauce and milk. Stir until cheese is fully melted and milk is fully incorporated.
3. Add seasonings and pasta and heat until internal temperature reaches 165° F.

## Notes

**Number of Portions:** 4

**Serving Size:** 1 cup

**Nutrition Facts:** 323 calories, 13.05 g fat, 7.57 g saturated fat, 673 mg sodium, 38.5 g carbohydrate, 3.76 g fiber, 2 g sugar, 16.95 g protein

