

Southwest Mac n Cheese

Ingredients

- 5-1/2 oz multi-grain penne pasta
- 2-1/2 cups water
- 1-1/4 tsp vegetable oil
- 1-1/4 tsp all purpose flour
- 1/3 cup 1% milk
- 1/4 tsp chicken base, low sodium
- 1/3 cup water
- 1/2 cup shredded mozzarella cheese, low fat
- 3/4 cup shredded american blend cheese, low fat
- 1/3 cup canned diced tomatoes, no salt added
- 1/4 tsp taco seasoning
- 1/2 cup corn
- 1/4 tsp chili powder
- 1/8 tbsp pepper
- 1-1/4 tsp cilantro

Notes

Number of Portions: 4

Serving Size: 3/4 cup

Nutrition Facts: 281 calories, 7.68 g fat, 3.75 g saturated fat, 360 mg sodium, 37.39 g carbohydrate, 1.91 g fiber, 3.3 g sugar, 14.82 g protein

Directions

1. Cook pasta in boiling water for 7-10 minutes or until tender but not mushy according to the instructions on the box.
2. In a medium pot on low heat, make a roux using the oil and flour. Mix thoroughly, the mixture should look like wet sand. Add in milk and chicken base to the roux stirring constantly.
3. Once mixture has thickened, add water. When milk mixture begins to simmer, slowly add cheeses. Stir the mixture constantly until thoroughly mixed and thick.
4. Add diced tomatoes and taco seasoning to cheese mixture. Stir until fully mixed. Add corn, chili powder, and pepper mixing to ensure everything is incorporated. Let cook on low heat for 5 minutes.
5. Mix with pasta in a large baking dish. Place in 350° F oven, uncovered, for 10 minutes or until internal temperature reaches 165° F. Let set for at least 15 minutes before serving. Garnish with cilantro.