

#QUARANTINE KITCHEN

Budget-Friendly Recipes
Using Canned & Dry Foods

Classic Macaroni And Cheese (Makes about 6 servings.)

Ingredients

- ½ c. evaporated milk
- 2 c. uncooked pasta (such as elbows or shells)
- ½ c. onion, chopped
- 1 medium egg, beaten
- ¼ tsp. black pepper
- 1¼ c. low-fat cheddar cheese, shredded
- Nonstick cooking spray

Directions:

1. Preheat oven to 350° F. Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside.
2. Lightly spray saucepan with nonstick cooking spray. Add onions to saucepan and cook for about 3 minutes.
3. In another bowl, combine macaroni, onions, egg, cheese, milk, and pepper and mix thoroughly.
4. Pour mixture into an 8x8-inch casserole dish coated with nonstick cooking spray. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Nutrition info: Serving size: 2/3 cup, Calories: 220, Total Fat: 4.5 g, Saturated Fat: 2.5 g, Cholesterol: 40 mg, Sodium: 180 mg, Total Carbohydrate: 30 g, Dietary Fiber: 1 g, Sugars: 4 g, Protein: 13 g. *Recipe adapted from SNAP-ED Connection Recipe Finder.*

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