

# Easy Mac N Cheese



## Ingredients:

- 2 cups whole wheat macaroni, uncooked
- 2 cups skim milk
- 2 cups reduced fat shredded cheddar cheese
- Salt and pepper to taste
- Cayenne pepper (optional for added heat)

## Directions:

1. In a pan over medium heat, combine 2 cups of macaroni with 2 cups of milk.
2. Simmer until noodles are cooked to your preference, stirring often.
3. Do not drain pasta. Add in 2 cups of cheddar cheese and seasonings and stir until cheese is melted. Enjoy!
4. Optional—add in oven-roasted veggies such as broccoli, corn, onions, and bell peppers for extra flavor and nutrients.