

# Mexican Macaroni and Cheese

## Recipe of the Month October - 2014



An easy, cheesy Mexican dinner using green chiles is ready in 25 minutes.

**Prep Time:** 25 Min

**Start to Finish:** 25 Min

**Makes:** 4 servings

### INGREDIENTS

2 cups uncooked radiatore (nugget) pasta (6 oz)  
1/2 cup shredded reduced-fat Colby-Monterey Jack cheese blend (2 oz)  
1/4 cup sliced ripe olives, optional  
1/2 cup fat-free (skim) milk  
1 small red bell pepper, chopped (1/2 cup)  
1 can (4.5 oz) Old El Paso™ chopped green chiles, drained  
Chopped fresh cilantro, if desired

### DIRECTIONS

1. Cook and drain pasta as directed on package. Return to saucepan.
2. Stir remaining ingredients except cilantro into pasta. Cook over low heat about 5 minutes, stirring occasionally, until cheese is melted and sauce is hot. Sprinkle with cilantro.

**Recipe Provides:** Dairy 1/2c, Grains 2oz-equivalents

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 Serving	<b>Calories:</b>	250	<b>Calories from Fat:</b>	35
<b>Total Fat:</b>	3 1/2 g	<b>Saturated Fat:</b>	1 1/12 g	<b>Trans fat :</b>	0 g
<b>Cholesterol:</b>	5 mg	<b>Sodium:</b>	320 mg	<b>Total Carbohydrate:</b>	42 g
<b>Dietary Fiber:</b>	2 g	<b>Sugars:</b>	5 g	<b>Protein:</b>	11 g



This recipe is adapted from [WWW.eatbetterearly.com](http://WWW.eatbetterearly.com)

