



Nutrition Facts

Serving size: 3/4 cup (199g)
Servings Per Recipe: 24

Amount Per Serving

Calories 167 Cal. from Fat 37

% Daily Value*

Total Fat 4g 6%

Saturated Fat 1g 4%

Cholesterol 28mg 8%

Sodium 312mg 15%

Total Carbohydrate 17g 6%

Dietary Fiber 1g 4%

Sugars 3g

Protein 15g

Vitamin A 45% Vitamin C 8%

Calcium 6% Iron 8%

Macaroni Mess



FOOD FOR THOUGHT! This dish has protein-rich turkey as well as vegetables for good nutrition. To make it even healthier, use whole grain macaroni!

Recipe adapted from Healthy Recipes. Oregon State University Extension Services. 2008.
<http://healthyrecipes.oregonstate.edu/kid-friendly>.
Accessed May 21, 2010.

Ingredients (6 Servings):

- 1/2 Tbsp Vegetable oil
- 1/2 cup Onion, chopped
- 1/2 clove Garlic
- 2 cups + 2 Tbsp Turkey, cooked, cubed
- 1-1/2 cups Water
- 3/4 cup 1% (low-fat) milk
- 1/2 - 10-3/4 oz can Cream of mushroom soup
- 5 oz Peas, frozen
- 3/4 cup Carrots, grated
- Dry 1 cup Elbow macaroni
- 1/4 tsp Black pepper
- 3/4 cup Corn flakes
- 1/8 tsp Garlic powder
- A Pinch of Love

Directions:

1. Heat oil in a large skillet over medium-high heat and sauté onions until transparent.
2. Add garlic and cook briefly for about 30 seconds.
3. Add whole grain turkey, water, milk, soup, carrots, and peas. Bring to a boil.
4. Add macaroni and pepper. Stir to combine.
5. Cover the pan, reduce heat to low, and cook for 10 - 15 minutes until pasta is tender, stirring occasionally.
6. While the mixture is cooking, crush corn flakes in a small bowl, and mix in garlic powder.
7. Place 3/4 cup serving on a plate and top with corn flakes.