

One Pot Mac and Cheese with Vegetables



Prep: 10 minutes

Cook: 20 minutes

Yield: 4 servings

INGREDIENTS

1 box mac & cheese

1 tablespoon oil

Vegetables - zucchini, radishes, turnips, tomatoes, squash, broccoli, peppers, mushrooms, green onions

Greens - kale, spinach, chard, arugula, turnip greens, carrot tops

Spices (optional) - salt, pepper, chili flakes, garlic powder, Italian Seasoning

OPTIONAL

If looking to add extra protein, consider adding a cooked egg, grilled or pan seared meat or a can of kidney beans.



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INSTRUCTIONS

1. Fill pot with required amount of water, as listed on pasta packaging, and place on medium high heat to bring to a boil.
2. While water is heating, prep vegetables. Cut the leaves away from the thick stems of any greens, like kale, and tear leaves into bite size pieces. Rinse greens and toss in strainer to drain water. Wash vegetables such as zucchini, tomatoes, squash or broccoli and chop into bite sized pieces.
3. In a medium bowl toss vegetables and greens with 1 tablespoon olive or canola oil and a pinch of salt and set aside.
4. Add pasta to boiling water and cook until tender (see pasta packaging for directions). Drain pasta, saving 1/2 cup of pasta water.
5. With pasta back in the pot, add vegetables and greens, pasta water, and cheese packet, stirring regularly on medium heat until greens have wilted and cheese sauce has thickened. * Optional to add: butter and 1/4 cup milk instead of pasta water.
6. Take pasta off stove to cool. Add optional spices such as garlic powder, salt and pepper, chili flakes, or Italian seasoning. Serve hot or cold and enjoy!

CHEFS NOTES

Just use 1/2 of the packet of cheese from the mac & cheese to reduce sodium. Pasta water retains starch from the cooked pasta, therefore making it an easy thickener to add to sauces.