

Jr. Chef Club II
Make the Most of
Convenience Foods
Lesson 8

Macaroni, Cheese and Trees

3 boxes of macaroni makes enough to provide a small sample for 25–30 students.

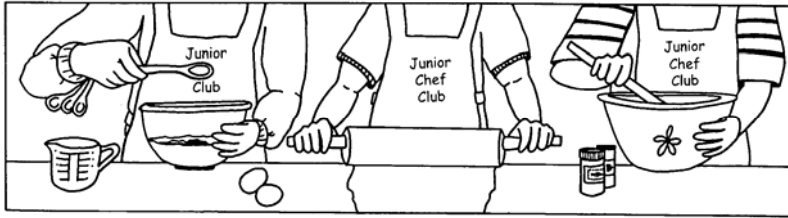
This recipe provides an opportunity to give the Jr. Chefs almost complete autonomy. Supervision of the boiling water is the most important adult role for this recipe. Spend some time brainstorming with the students about what healthful things they could add to various boxed dinners to make them more complete meals.

Ingredients:

- 1 box of macaroni and cheese
- 1 teaspoon vegetable oil
- 1 cup vegetable of your choice, fresh or frozen (such as broccoli)
- Milk and margarine according to package directions

Directions:

1. Fill large saucepan 3/4 full of water.
2. Add vegetable oil to water to keep macaroni from sticking to itself.
3. Place over medium heat, cover and bring to a boil.
4. When water boils, reduce heat, add macaroni and return to a slow boil. Do not cover.
5. When macaroni is nearly done, add fresh or frozen vegetables. Continue cooking until fresh vegetables are crisp tender or frozen veggies are heated through.
6. Drain over sink into a colander.
7. Add milk and margarine according to package directions, following instructions on box. (Or cut in half the amount of margarine called for, or omit altogether to lower fat.)



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