



# ENJOY THE FLAVORS OF AMERICA

Snacking is a popular habit for many people in America. And, it can be a great way to add nutritious foods to your day. Try these healthy snack ideas:

- ▶ A handful of unsalted nuts each day. That's about 28 peanuts or 24 almonds.
- ▶ Raw vegetables—broccoli, carrot sticks, and red or green peppers dipped in low-fat salad dressing like Ranch or Thousand Island.
- ▶ Apple slices spread with a little peanut butter.

## Follow the MyPlate guidelines to help your family eat well!

- ▶ Make half your plate fruits and vegetables.
- ▶ Switch to skim or 1% milk.
- ▶ Make at least half your grains whole.
- ▶ Vary your protein food choices.
- ▶ Keep your food safe to eat—learn more at [www.FoodSafety.gov](http://www.FoodSafety.gov).
- ▶ Choose foods and drinks with little or no added sugars.
- ▶ Look out for salt (sodium) in foods you buy—it all adds up.
- ▶ Eat fewer foods that are high in solid fats.

Many different foods and cuisines can be found in America, including Mexican, African, Middle-Eastern, and Chinese. But certain foods are considered traditional American foods and are popular all across the United States.

For a favorite American dish, try this healthy version of

## MACARONI AND CHEESE

### Ingredients:

- 2 cups whole-wheat elbow macaroni
- 1½ cups skim or 1% milk\*
- 1 cup evaporated skim milk\*
- 1 tablespoon cornstarch
- 1¾ cups low-fat monterey jack cheese\*
- 1¾ cups low-fat cheddar cheese\*
- ½ teaspoon salt



### Directions:

1. Pre-heat oven to 350° F.
2. In large pot, cook pasta according to package directions. Drain pasta and set aside.
3. In small bowl, take 2 tablespoons of the measured skim or 1% milk and mix with cornstarch until it's dissolved.
4. Grate cheeses in medium bowl and stir to mix.
5. Add remaining skim or 1% milk and evaporated skim milk to pot. Mix in the milk and cornstarch. Stir constantly over medium heat until mixture bubbles and starts to thicken. Stir for 2 to 4 minutes until mixture is creamy. Remove from heat. Gradually stir in salt and cheeses. Cook until cheese is melted.
6. Add cooked macaroni to cheese mixture, stirring to make sure that all noodles are coated.
7. Spray a 2-quart casserole dish with nonstick cooking spray. Transfer macaroni and cheese into dish.
8. Bake at 350° F for 20 to 30 minutes, until cheese sauce is bubbly.

Let the dish stand about 10 minutes before serving.

**Yield:** 6 servings

### Nutrition Information (per serving):

Calories 314; Fat 10 grams; Sodium 600 milligrams; Fiber 3 grams

\*WIC supplemental food

