

#QUARANTINE KITCHEN

Budget-Friendly Recipes
Using Canned & Dry Foods

Cheesy Tuna Mac *(Makes 6 servings.)*

Ingredients

- 1 box macaroni and cheese (7.25-oz.)
- 1 can peas, drained and rinsed
- 1 can chunk light or white tuna in water, drained (12-oz.)
- ½ c. low-fat milk
- 1 Tbsp. butter

Directions:

1. Fill a large pot with water, and bring to a boil. Add macaroni noodles. Cook 7-8 minutes, or until soft. Drain and return noodles to the pot.
 2. Add powdered cheese mix, milk, and margarine. Stir until margarine or butter is melted and powdered cheese is fully combined.
 3. With a fork, break apart tuna. Add tuna and peas to macaroni mixture.
 4. Over medium-low heat, cook the macaroni and cheese for 2-3 minutes, stirring constantly, to warm the tuna.
- TIP: Try with canned chicken instead of tuna, or substitute other canned or frozen vegetables.

Nutrition info: Serving size: 1 cup, Calories 208, Fat 4g, Protein 13g, Fiber 3g, Sodium 404mg Carbohydrate 31g.

Recipe developed by UAEX SNAP-Ed.

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