



ONE POT CHEESY TUNA MAC

MACROS | SERVING SIZE
Protein 44 g | Fat 24 g | Carbs 64 g

% CALORIES OF MACROS | SERVING SIZE
Calories 650 | Protein 27% | Fat 33% | Carbs 40%

NUTRIENTS | SERVING SIZE
Fiber 4 g | Sodium 899 mg | Sat. Fat 13 g

NOTE: Nutrition analysis excludes optional ingredients.

INGREDIENTS (serves 4)

- 2 cups low-sodium vegetable or chicken broth
- 2 cups uncooked elbow macaroni pasta
- 1 1/2 cups shredded cheddar cheese
- 1 cup of frozen peas (approximately a 10 oz bag)
- 1 1/2 oz. cans tuna, no added salt in water, (drained)
- 2 tbsp. butter, unsalted
- 1 tsp. garlic salt
- 1 tsp. Dijon mustard
- 1/2 tsp. paprika
- 1/2 tsp. onion powder (optional)

DIRECTIONS

- Add the broth, milk, peas, butter, and spices to a Dutch oven or a large pot. Stir and bring to a boil. Once the mixture boils, add the pasta.
- Cook for about 10 minutes, stirring to prevent boiling over and sticking.
- Once the pasta is al-dente and the liquid is nearly absorbed, remove from heat.
- Quickly add the cheese and drained tuna. Gently mix to incorporate and cover to assist with further melting the cheese.
- Serve immediately.

DIETITIAN TIP

Include 2 different colors of produce for lunch and dinner and one at breakfast for most meals. At snack time consider a vegetable or fruit with a dairy food.

NUTRITION EDUCATION

Building a healthy eating pattern can be simple, affordable, and quick to achieve. Since 2010, MyPlate has served as the visual representation of the American food guidance system. This graphic outlines sections for grains, protein foods, fruits, and vegetables, each occupying designated proportions on the plate. However, there is some confusion regarding the dairy group, due to it often being depicted off to the side in various graphics. Many meals, such as stews, pizza, and pasta dishes, are combination meals, meaning the food groups are mixed together on the plate. Additionally, the guidance to fill half your plate with fruits and vegetables emphasizes including both at every meal. While this may seem ideal in theory, the reality is that for many people, incorporating this into their daily meals is not practical for every meal.

It is important to remember that MyPlate is just a graphic guide to assist in planning overall daily intake. Actually, a healthy eating pattern consists of making nutritious choices most of the time while allowing room for indulgences. It involves consuming a wide variety of nutritious foods, limiting empty calories and sodium, and ensuring you have enough calories to meet your optimal weight goals. Foods do not need to be separated on a plate for a meal to align with a "healthy eating pattern," and snacks can also be used to balance out meals if a food group is absent. Consider these strategies to help you:

- Aim to consume at least 2-3 servings of dairy each day.
- Build most of your meals around produce, focusing on varying the colors without distinguishing between fruits and vegetables
- To reduce calories, choose non-starchy vegetables and ensure a variety of colors.
- Snack on fruits and vegetables.
- Prepare one-pot or combination meals while keeping MyPlate proportions in mind.

