

Greek Yogurt Mac and Cheese

Serves 12

Ingredients:

- 1 pound whole wheat pasta (elbows, bowtie, etc)
- 1 pound bag of frozen peas
- ½ pound shredded cheese (a sharp cheddar is great)
- 1 cup plain greek yogurt
- salt & pepper to taste
- 1 tsp each onion & garlic powder

Directions:

1. Cook the pasta according to package instructions (about 10 minutes, or until al dente.) Add peas and cook for another minute.
2. Reserve a cup of the pasta cooking water. Place a colander in the sink. Drain pasta and peas; return to the cooking pot.
3. Add the cheese and ½ cup of the cooking water to the pot and stir until melted. Add remaining ingredients and stir until smooth, adding more pasta water if necessary.

NOTE: You can use any frozen vegetables. If using heartier vegetables such as broccoli or cauliflower, add them to the cooking pasta a few minutes earlier so they cook through. You can also vary the seasonings. Try fresh or dried herbs, Cajun seasoning or even taco seasoning (avoid adding salt if using seasonings that contain salt.)

Nutrition Facts	
12 servings per container	
Serving size	1 serving (118.12g)
Amount per serving	210
Calories	
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 220mg	10%
Total Carbohydrate 35g	13%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes g of Added Sugars	
Protein 14g	
Vitamin D 0mg	0%
Calcium 128mg	10%
Iron 2mg	10%
Potassium 158mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.