

Veggie Mac & Cheese

1 Serving | 150 Calories | 13g Protein | 23g Carbs | 2g Fat
3 Green | 2 Condiments | 1 Fueling

Ingredients

Cooking spray
1 packet Macaroni & Cheese
½ cup (4 oz) water
1 clove garlic, minced
¼ cup chopped broccoli
¼ cup chopped zucchini
¼ cup thinly sliced baby bella mushrooms
½ cup diced tomatoes
½ cup fresh baby spinach

Instructions

Pour the contents of the Macaroni & Cheese into a lightly-greased, microwave-safe dish. Add the water, and stir until combined. Mix in the garlic and veggies. Microwave on high for 1½ minutes. Stir well. Let stand one minute. Microwave 45-60 seconds on high (watch carefully to prevent overflowing). Stir and wait 3-4 minutes for sauce to thicken and pasta to finish cooking.