

Garden Mac

Ingredients

1 box macaroni & cheese,
prepared as directed
1 tablespoon vegetable oil
½ onion, finely diced
1 cup snap peas, thinly sliced
1 red bell pepper, finely diced
2 precooked chicken sausages,
thinly sliced
2 cups kale, chopped
¼ cup fresh basil, thinly sliced

Instructions

1. Heat oil over medium heat in pan.
2. Add onion and sauté for a couple minutes until translucent.
3. Add snap peas and red bell pepper and sauté another 2 minutes.
4. Add chicken, kale, and basil and sauté another minute.
5. Add prepared mac & cheese, mix until combined and serve!

*This recipe can easily be switched up to use whatever veggies you have on hand. You can also make a seasonal version with winter veggies. Or simplify it by using frozen broccoli and sausage.



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Material was funded by USDA'S Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the DSHS Community office at 877 501 2233; or go to <http://foodhelp.wa.gov>. USDA and WSU are equal opportunity providers and employers.



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