

Text2LiveHealthy

Spinach and Artichoke Mac and Cheese

(Adapted from: Fitfoodiefinds.com, accessed date May, 2019)

Ingredients & Instructions

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- ✓ 14 ounces of small elbow macaroni noodles
- ✓ 8 ounces of shredded Jack cheese
- ✓ 4 ounces of shredded Parmesan cheese
- ✓ 14 ounce can of artichoke hearts drained and chopped
- ✓ 10 ounce chopped spinach thawed and drained
- ✓ 1/4 cup low-fat milk
- ✓ 3 tablespoons butter
- ✓ 1/2 teaspoon salt
- ✓ 1/4 teaspoon pepper



Instructions

1. In large pot bring water to a boil and add in the macaroni noodles. Boil while stirring occasionally for about 10-12 minutes until soft. Drain the water and return the noodles to the pot. Reduce the heat to low.
2. Add in the milk, butter, and cheese. Stir until well combined and the cheese is completely melted.
3. Add in the spinach (make sure you drained as much water as you can) and artichoke hearts. Stir until well combined. Add salt and pepper to taste.
4. Top with additional toppings as desired and enjoy!



SNAP-Ed

Division of Food & Energy Assistance

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