

Confetti Mac 'n' Cheese



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ingredients

1½ cups whole wheat elbow macaroni
2 cups milk (best with dairy milk or unsweetened soy milk)
½ cup finely grated zucchini or broccoli
½ cup finely grated yellow summer squash
½ cup finely grated carrot
1 tablespoon flour
1 cup shredded cheddar cheese (or other melting cheese)
Salt and pepper to taste

OPTIONAL:

¼ teaspoon each garlic powder, onion powder, dry mustard,
or paprika

directions

In a large heavy-bottom skillet, combine all ingredients except cheese. On medium-low heat, bring to a simmer and cook for 10 minutes.

Stir and cook for an additional 5 minutes or until pasta is tender. Stir in the cheese and mix well to combine.

Serve hot and enjoy!

notes

If you don't have a grater, finely dice all the vegetables.