



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Bountiful Backpack

Tuna and Veggie Mac



Serves: 4

Serving Size: 1 ¼ cups

Ingredients:

- 1 package (7.25 ounces) macaroni and cheese mix
- 1 package (16 ounces) frozen or canned green beans
- 1½ cups canned tuna
- ¼ cup nonfat milk
- ⅛ teaspoon garlic or onion powder

Directions:

1. Wash hands.
2. Cook macaroni in large saucepan as directed on package. After about 5 minutes, add the frozen green beans and continue cooking until macaroni is tender and green beans are cooked; drain.
3. Return macaroni and green beans to the pan. Add the tuna.
4. Stir the cheese sauce mix, milk, and garlic or onion powder together. Stir into macaroni mixture. (Omit the butter/margarine recommended on the package).
5. Cook over low heat for 1 to 2 minutes or until heated through, stirring occasionally.

Nutrition Facts

4 servings per recipe

Serving size 1 ¼ cups (226g)

Amount Per Serving

Calories **270**

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 340mg	15%
Total Carbohydrate 33g	12%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 19g	38%
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 1.8mg	10%
Potassium 0mg	0%
Vitamin A	15%
Vitamin C	25%

* 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.

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