

# "Use Your Noodle" Bake

Makes: 12 or 48 Servings

12 Servings

48 Servings

Ingredients	Weight	Measure	Weight	Measure
Macaroni, whole grain		1-1/2 cups		6 cups
Evaporated milk, fat-free		2 cups		8 cups
Egg, beaten		1 egg		4 eggs
Pepper, black		1/2 tsp		2 tsp
Mozzarella cheese, part-skim, shredded		1/4 cup		1 cup
Cheddar cheese, shredded		1/2 cup		2 cups
Tomatoes, sliced		1 cup		4 cups
Onions, chopped		1 cup		4 cups
Peppers, green, chopped		1 cup		4 cups
White (Northern) beans		1 cup		4 cups
Squash, sliced		1 cup		4 cups

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>200</b>
Total Fat	3 g
Saturated Fat	2 g
Cholesterol	26 mg
Sodium	103 mg
Total Carbohydrate	32 g
Dietary Fiber	5 g
Total Sugars	N/A
Added Sugars included	N/A
<b>Protein</b>	<b>13 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

Parmesan cheese, grated | 1/4 cup | 1 cup

## Directions

1. Cook macaroni as directed. Drain, set aside.
2. Spray casserole dish with non-stick cooking spray.
3. Peel and slice squash. Place in large saucepan with water.
4. Bring to a boil. Reduce heat and cook until squash is tender. Mash.
5. Preheat oven to 350°F.
6. In bowl, combine onions, tomatoes, peppers, macaroni, milk, mozzarella and cheddar cheese, pepper and beans, and mix thoroughly. Add squash. Stir to combine.
7. Transfer mixture into casserole dish.
8. Sprinkle parmesan cheese on top.
9. Bake for 25 minutes or until bubbly. Let sit before serving.

## Notes

Serving Tips:

This dish can be made as a side to chicken or fish. If chosen as a side, you do not need to add the beans, and it will not count toward a meat/meat alternate.

**Source:** Improving Nutrition & Physical Activity Quality in Delaware Child Care