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"Pizza Mac n' Cheese"

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Two favorite foods of kids – Mac n' Cheese and Pizza; combine them and you get a delightful Pizza Mac n' Cheese dinner even adults will enjoy. Serves 7-8

Nutrition Facts

Serving Size 1/8
Servings Per Container 8

Amount Per Serving	
Calories 310	Calories from Fat 100
	% Daily Value*
Total Fat 11g	**16%**
Saturated Fat 5g	**27%**
Cholesterol 40mg	**13%**
Sodium 490mg	**20%**
Total Carbohydrate 32g	**11%**
Dietary Fiber 2g	**7%**
Sugars 8g	
Protein 22g	
Vitamin A 15% •	Vitamin C 15%
Calcium 40% •	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

2	cups uncooked elbow macaroni
3	cups reduced fat milk (2%)
4	level tablespoons flour*
1/2	teaspoon dry mustard, optional
1/4	teaspoon salt, optional
2	cups reduced fat shredded sharp Cheddar cheese
	Black pepper, to taste
1/2	pound lean ground pork
1 1/2	cups pizza or spaghetti sauce
	Black olives, pepperoni, optional garnish

Method:

Cook macaroni according to package directions. Drain and rinse. Set aside while preparing sauces below.

While macaroni is cooking, prepare cheese sauce. Whisk flour, dry mustard and optional salt into 1 cup cold milk. Whisk in remaining milk; place in medium, heavy saucepan over medium heat. Heat, stirring constantly, until sauce thickens and begins to boil. Reduce heat to simmer and boil 1 minute. Add shredded Cheddar cheese and stir to melt. Add drained macaroni and heat through; keep Mac n' Cheese warm while preparing pizza sauce.

Scramble fry meat until cooked through. Drain and blot any excess fat. Stir pizza / spaghetti sauce into meat. Heat through.

Spoon 1/2 the Mac n' Cheese into a large deep pie plate; spoon pizza sauce around edge of dish. Spoon remaining Mac n' Cheese into center of pizza sauce. Garnish top with optional sliced black olives and pepperoni. Serve hot.

Notes:

* Lightly measure flour, by fluffing with a spoon before measuring.