

Power Packed Mac and Cheese

Ingredients

- 2 cups whole wheat macaroni of your choice (or you can use regular), uncooked
- 1 cup low-sodium tomato based-sauce
- 1 tablespoons olive oil
- 2-6 oz. cans tuna
- 1 cup broccoli
- 1 cup sliced bell peppers (green or orange but any will work)
- 1/2 medium onion, small dice
- 1 cup sliced mushrooms
- 1/2 pint cherry tomatoes, halved
- 3 tablespoons Parmesan cheese
- 1/4 cup shredded low-fat cheddar cheese

Instructions

1. Preheat oven to 375 degrees.
2. Cook the pasta according to the directions on the box.
3. In medium sauce pan heat under a medium heat, use oil and stir fry the vegetables until tender but crisp and set aside.
4. Drain the pasta and stir in the tomato sauce, tossing in the vegetables, place in an oven proof dish.
5. Sprinkle parmesan cheese and shredded low fat cheese over pasta mixture and place in oven for about 10 to 12 minutes.
6. The dish will be complete once the cheese is melted and if desired the cheese is starting to brown.