



PIZZA MACARONI & CHEESE

- 1 box (225 g) macaroni and cheese
- 1/2 cup chopped pepperoni (or bologna, ham or any other deli meat)
- 1 green pepper, chopped
- 1/2 cup canned pizza or pasta sauce (ketchup works in a pinch too)

- > Prepare macaroni and cheese as directed on package.
- > Stir in pepperoni, green pepper and pizza sauce. Heat on low until just warmed through.
- > Sprinkle with mozzarella cheese if desired.

Makes 4 servings, 1 cup each.

CAL 400, FAT 20 g (SAT 9 g), CHOL 45 mg, SODIUM 1020 mg, CARB 46 g, FIBRE 2 g, SUGARS 11 g, PROTEIN 12 g, VIT A 15% DV, VIT C 35% DV, CALCIUM 10% DV, IRON 20% DV

tip: Any of your favourite pizza toppings work in this quick pasta dish – try onions, mushrooms, olives, cooked ground beef or sausage.

tip: If you don't have mozzarella cheese, use whatever cheese you have on hand. Even processed cheese can be melted into this dish.

did you know?

- > Eating one dark green and one orange vegetable each day is a great way to help you meet your vitamin requirements.
- > A great way to try fruits and vegetables you've never had without spending much is to look in the reduced-price area of the produce section for bundled vegetables and fruits. Sometimes all you need to do is cut away a small blemish and enjoy the rest.

July Recipes

SUPER TUNA SALAD

- 1 cup green beans, cooked or 1 can green beans, drained
- 1 cup chopped, cooked potatoes (try red skinned, white or sweet)
- 1 tomato, cut in wedges
- 1 can (170 g) tuna, drained
- 1/4 cup Italian or Balsamic type salad dressing

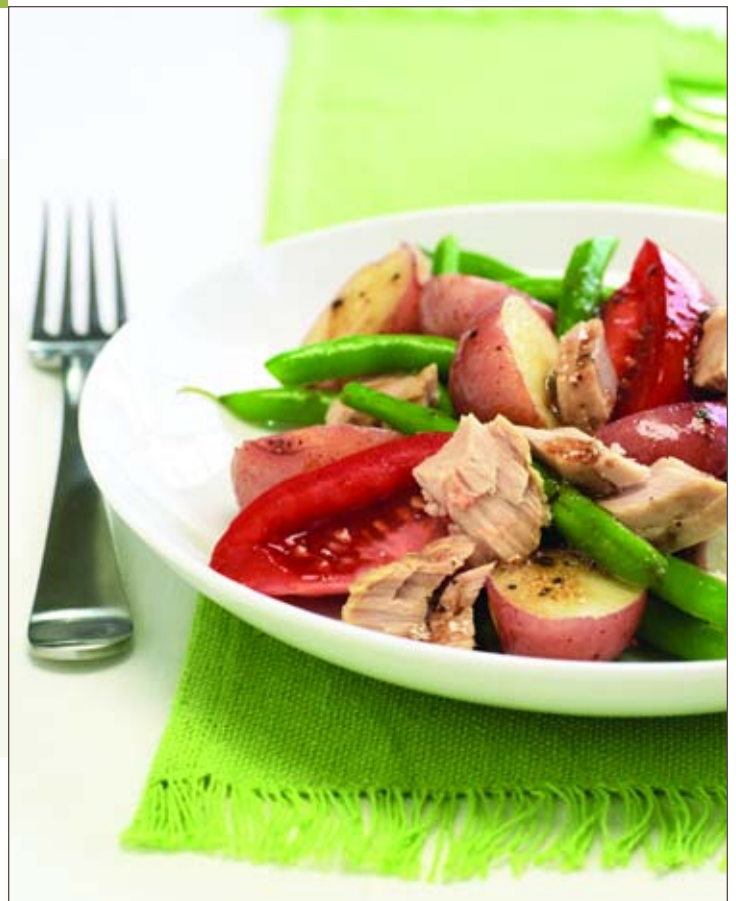
- > Arrange all ingredients, except dressing, on two dinner plates.
- > Drizzle with dressing.

Makes 2 servings. 2 cups each.

CAL 260, FAT 11 g (SAT 1.5 g), CHOL 24 mg, SODIUM 410 mg, CARB 22 g, FIBRE 4 g, SUGARS 5 g, PROTEIN 20 g, VIT A 10% DV, VIT C 40% DV, CALCIUM 5% DV, IRON 15% DV

tip: This salad can be made to serve four by doubling all ingredients.

tip: This salad is a great way to use up leftover raw or cooked vegetables or potatoes. Any combination of broccoli, cauliflower, cucumber, or peppers work too.



FIGHTING HUNGER