

# Tomato Macaroni & Cheese

Eating whole grain foods can increase your fibre intake! Canada's Food Guide recommends making at least half of your grain products whole grain each day. The fibre content of this hearty oven-baked dish is almost doubled by using whole grain instead of white pasta.



## Ingredients:

4 cups	Whole grain macaroni	1 L
1 Tbsp	Vegetable oil	15 mL
1/3 cup	Onion, minced or 1 Tbsp (15 mL) onion flakes	75 mL
2 – 14 ounce cans	No salt added canned tomatoes, coarsely chopped	2–398 mL cans
1 clove	Garlic, minced or 1/2 tsp (2 mL) garlic powder	1 clove
1/2 tsp	Salt	2 mL
1/2 tsp	Pepper	2 mL
1 tsp	Granulated sugar	5 mL
2 cups	Cheddar cheese, grated	500 mL

## Directions:

1. Preheat oven to 375°F (200°C).
2. Cook pasta according to package directions. Drain well and pour into a medium casserole dish.
3. Meanwhile, heat oil in a skillet. Add onion and sauté until soft. Add tomato, garlic, salt, pepper and sugar; cook until it starts to boil.
4. Pour sauce over macaroni and stir lightly.
5. Sprinkle grated cheese over top.
6. Bake uncovered in 375°F (200°C) oven for 30 minutes or until heated through and cheese is melted.

**Makes 8 servings (1 1/4 cup/ 310 mL/ 285 g)**

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## Nutrition Facts

Per 1/8 of recipe ( 1¼ cup / 310 mL / 285 g)

Amount	% Daily Value
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<b>Calories</b> 340	
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<b>Fat</b> 12 g	<b>18 %</b>
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Saturated 6 g	<b>30 %</b>
+ Trans 0 g	

<b>Cholesterol</b> 30 mg	
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<b>Sodium</b> 560 mg	<b>23 %</b>
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<b>Carbohydrate</b> 46 g	<b>15 %</b>
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Fibre 5 g	<b>20 %</b>
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Sugars 7 g	
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<b>Protein</b> 16 g	
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Vitamin A	20 %
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Vitamin C	15 %
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Calcium	25 %
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Iron	25 %
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## Nutrient Claim

## Amount per serving

High in fibre	5 g
Source of potassium	323 mg
High in calcium	264 mg
Very high in magnesium	64 mg
Source of folate	14 mcg
High in iron	3.2 mg

## Food Group

## Food Guide servings per recipe serving

Vegetables and Fruit	1
Grain Products	2
Milk and Alternatives	½
Meat and Alternatives	0

This is a Choose Sometimes recipe (Mixed Dish–Vegetarian) according to the Alberta Nutrition Guidelines.