



## **RECIPE OF THE WEEK**

### **Old West Skillet Macaroni and Cheese**

1 lb. ground turkey breast	½ cup chopped onion
2 cup elbow macaroni	½ cup green pepper, chopped
1 tsp. ground cumin	2 tablespoons chili powder
½ tsp. salt	½ cup water
1 (14 ½ oz.) can diced tomatoes, with juice	1 (8 oz.) can tomato sauce
1 (4 ½ oz) can mild green chilis, chopped	1 cup low fat sharp shredded cheddar cheese

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1. Cook the macaroni according to package directions; drain and set aside.
2. Spray a large non stick skillet with non stick spray and set over medium high heat. Add the turkey and brown, breaking up with a wooden spoon, until no longer pink, about 8 minutes.
3. Stir in the onion, pepper, chili powder, cumin, and salt. Cook, stirring occasionally, until onion is softened, about 3 minutes.
4. Add the tomatoes, tomato sauce, chilis, and water. Bring to a boil. Reduce heat and simmer, stirring occasionally, until flavors are blended, about 10 minutes.
5. Remove from heat. Add the cooked macaroni, and the cheese, stirring to combine.

#### **NUTRITION FACTS:**

Calories: 297	Dietary Fiber: 3
Total Fat: 13 grams	Protein: 22 grams
Sodium: 1, 053 mg.	Total Carbohydrates: 3 grams

**Serves 6**

**FOOD FOR THOUGHT: The power to shine is in every one of us! - Anonymous**

