



### Cheese Crisps

Serves: 24

#### Ingredients

- 1 cup cheddar cheese

#### Instructions:

1. Preheat oven to 400 degrees F
2. Shred Cheese
3. Place parchment paper on a cookie sheet. Arrange cheese in small piles (about 2 TBS per pile) on the baking sheet.
4. Bake in oven until golden brown, about 7 minutes.
5. Cool for 5-10 minutes. Serve and enjoy.



### Microwave Mac N cheese

Serves: 1



#### Ingredients

- 1/2 cup elbow macaroni
- 1/2 cup water
- 3 TBS milk
- 1/4 cup cheese
- salt and pepper to taste

#### Instructions:

1. Mix macaroni, water, and salt in a microwave safe container (like a mug)
2. Microwave 2-3 minutes, then stir
3. Add cheese, milk, salt and pepper. Stir.
4. Microwave another 30 seconds, stir, and allow to cool 1-2 minutes. Enjoy!

Extension

UtahStateUniversity®



**CREATE** SNAP-ED  
BETTER HEALTH.