

# High Protein Mac & Cheese

## Ingredients

- 1 package mac and cheese
- 1 can tuna, chicken, or beef, drained
- 1 can mixed vegetables, drained  
OR 1 cup fresh or frozen veggies
- 1/4 cup powdered milk (optional)

## Directions

1. Prepare mac and cheese according to package directions.
2. Stir in powdered milk, if using.
3. Add canned meat, drained and flaked/shredded.
4. Add mixed vegetables and heat through.

### Tips:

- Powdered milk is optional and not necessarily needed for this recipe. It makes the sauce a bit creamier, but the recipe is great and works well without it.
- Canned meat can be anything you have on hand and enjoy.
- Vegetables can be canned, fresh, or frozen. If mixed vegetables aren't available, add 1 can/1 cup of any variety or just one vegetable if desired.

Extension

UtahStateUniversity.



This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. This institution is an equal opportunity provider. Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination, including harassment. For USU's non-discrimination notice, see <https://www.usu.edu/equity/non-discrimination>.

**CREATE** SNAP-ED  
**BETTER HEALTH.**

# High Protein Mac & Cheese

## Ingredients

- 1 package mac and cheese
- 1 can tuna, chicken, or beef, drained
- 1 can mixed vegetables, drained  
OR 1 cup fresh or frozen veggies
- 1/4 cup powdered milk (optional)

## Directions

1. Prepare mac and cheese according to package directions.
2. Stir in powdered milk, if using.
3. Add canned meat, drained and flaked/shredded.
4. Add mixed vegetables and heat through.

### Tips:

- Powdered milk is optional and not necessarily needed for this recipe. It makes the sauce a bit creamier, but the recipe is great and works well without it.
- Canned meat can be anything you have on hand and enjoy.
- Vegetables can be canned, fresh, or frozen. If mixed vegetables aren't available, add 1 can/1 cup of any variety or just one vegetable if desired.

Extension

UtahStateUniversity.



This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. This institution is an equal opportunity provider. Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination, including harassment. For USU's non-discrimination notice, see <https://www.usu.edu/equity/non-discrimination>.

**CREATE** SNAP-ED  
**BETTER HEALTH.**