

Seafood

Tuna Veggie Macaroni

Taste of Home One-Dish Meals

Servings: 3

1 1/4 cups uncooked elbow macaroni
5 ounces process cheese (Velveeta), cubed
1/2 cup milk
2 cups frozen peas and carrots, thawed
1 can (5 oz) white water-packed tuna, drained
1/4 teaspoon dill weed

Cook macaroni according to package directions; drain.

Add cheese and milk; stir until cheese is melted.

Stir in the vegetables, tuna and dill; heat through.

Per Serving (excluding unknown items): 75 Calories; 2g Fat (19.2% calories from fat); 5g Protein; 12g Carbohydrate; 3g Dietary Fiber; 6mg Cholesterol; 94mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 0 Non-Fat Milk; 0 Fat.