



SUMMER FUN

1-STEP MAC-N-CHEESE

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DESCRIPTION

Are you bored of the same old after school snack? Well, Chef Ralph has an easy and tasty recipe to show you...Join in on the fun as the ATV kitchen prepares One-Step Macaroni and cheese!

INGREDIENTS

- 1 (16-ounce) package elbow macaroni
- 1 (8-ounce) package reduced-fat Cheddar cheese, shredded
- 1 (12-ounce) can evaporated skimmed milk
- 2 1/2 cups skim milk
- 1 egg, beaten
- 1/4 cup sugar, optional
- salt and pepper to taste

TOOLS

- large bowl
- 13 x 9 x 2-inch non-stick or 2-quart oblong pan
- nonstick cooking spray
- aluminum foil
- mixer

DIRECTIONS

1. Preheat the oven to 350 degrees.
2. In a 2-quart casserole dish, mix together the macaroni and cheese.
3. In a large bowl, mix together the evaporated milk, skim milk, egg, sugar, salt and pepper. Then pour the mixture over the macaroni and cover the casserole dish with aluminum foil.
4. Put the mac-n-cheese in the oven and bake, covered, for 1 hour, or until the liquid is almost absorbed. Uncover the dish, and continue baking for 10 minutes until the top is nice and golden. Spoon the mixture into a 13 x 9 x 2-inch non-stick pan or a 2-quart oblong pan coated with nonstick cooking spray.

Did you know there's a free web video for this activity with step-by-step instructions?
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