

# Mac-N-Cheese Casserole

## with Broccoli, Mushrooms & Turkey

**Servings:** 4

### **Ingredients**

- Two packages of Amy's Mac-n-Cheese
- ½ cup 2% milk
- 2½ cups frozen broccoli petite florets
- 4-ounce can Mushrooms
- 12.5-ounce can Turkey or Chicken

### **Directions:**

1. Follow package directions for Mac-n-cheese
2. Mix cheese powder into milk
3. Chop the mushrooms so they are in smaller pieces
4. Drain pasta, and mix in the cheese sauce
5. Add broccoli and mushrooms
6. Stir in turkey (break up larger chunks so it mixes in well)

### **Nutrition:** (Serving size: 1 cup)

*Calories:* 252     *protein:* 20.9g     *total carbohydrate:* 33.7g     *total fat:* 3.2g  
*sugars:* 5.6g     *sodium:* 556mg     *saturated fat:* 1.4g     *dietary fiber:* 1.9g