

# "Use Your Noodle" Bake

**Makes:** 12 or 48 servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Macaroni, whole grain		1-1/2 cups		6 cups
Evaporated milk, fat-free		2 cups		8 cups
Egg, beaten		1 egg		4 eggs
Pepper, black		1/2 tsp		2 tsp
Mozzarella cheese, part-skim, shredded		1/4 cup		1 cup
Cheddar cheese, shredded		1/2 cup		2 cups
Tomatoes, sliced		1 cup		4 cups
Onions, chopped		1 cup		4 cups
Peppers, green, chopped		1 cup		4 cups
White (Northern) beans		1 cup		4 cups
Squash, sliced		1 cup		4 cups
Parmesan cheese, grated		1/4 cup		1 cup

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>200</b>	
Total Fat	3 g	
Protein	13 g	
Carbohydrates	32 g	
Dietary Fiber	5 g	
Saturated Fat	2 g	
Sodium	103 mg	

## Directions

1. Cook macaroni as directed. Drain, set aside.
2. Spray casserole dish with non-stick cooking spray.
3. Peel and slice squash. Place in large saucepan with water.
4. Bring to a boil. Reduce heat and cook until squash is tender. Mash.
5. Preheat oven to 350°F.
6. In bowl, combine onions, tomatoes, peppers, macaroni, milk, mozzarella and cheddar cheese, pepper and beans, and mix thoroughly. Add squash. Stir to combine.
7. Transfer mixture into casserole dish.
8. Sprinkle parmesan cheese on top.
9. Bake for 25 minutes or until bubbly. Let sit before serving.

## Notes

### Serving Tips:

This dish can be made as a side to chicken or fish. If chosen as a side, you do not need to add the beans, and it will not count toward a meat/meat alternate.