

Ideas for your  
**healthy family**

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## Fun family meals

Whip up some fun in the kitchen. Put your family's taste buds to the test with this simple and tasty recipe.

### Baked macaroni with red sauce

Serves 6, serving size: 1 cup  
269 calories per serving, 32 mg cholesterol per serving, 125 mg sodium per serving, 9 g fat per serving, 3g saturated fat per serving

#### Ingredients:

½ pound extra-lean ground beef  
1 small onion, diced (about ½ cup)  
1 box (7 ounces) whole-wheat elbow macaroni  
1 jar (15 ounces) reduced-sodium spaghetti sauce  
6 tablespoons Parmesan cheese

#### Directions:

1. Heat the oven to 350 F. Lightly coat a baking dish with cooking spray.
2. In a nonstick frying pan, cook ground beef and onion until the meat is browned and the onion is translucent. Drain well and set aside.
3. Fill a large pot ¾ full with water and bring to boil. Add the pasta and cook until al dente, 10 to 12 minutes, or according to the package directions. Drain the pasta thoroughly.
4. Add the cooked pasta and spaghetti sauce to the meat and onion. Stir to mix evenly. Spoon the mixture into the prepared baking dish. Bake until bubbly, about 25 to 35 minutes.
5. Divide the macaroni among individual plates. Sprinkle each with 1 tablespoon Parmesan cheese. Serve immediately.

