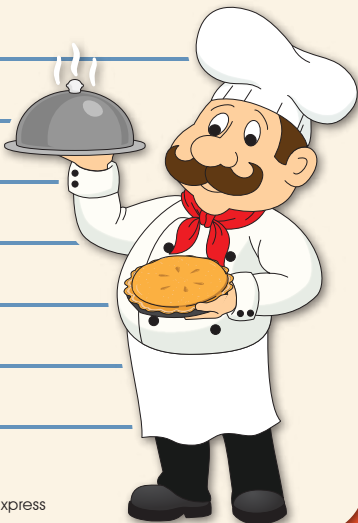


# Grocery List

- elbow macaroni
- milk
- flour
- butter
- cream cheese
- shredded cheddar cheese
- bread crumbs
- sour cream
- plain nonfat Greek yogurt
- garlic powder
- onion powder
- dill
- parsley
- green onions
- carrot sticks
- broccoli
- cucumbers
- bell peppers
- celery
- pita chips
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# Mousy Mac and Cheese

## Ingredients:

- 1 lb. elbow macaroni
- 3 cups milk
- 1 T. flour
- 3 T. butter
- 8 oz. cream cheese
- 16 oz. shredded cheddar cheese
- bread crumbs (optional)

Spray a 9"x13" casserole dish with cooking spray and set aside. Cook pasta according to package directions. Drain, rinse, and return to pot. In a large skillet, melt butter over medium heat. Add the flour and cook for about a minute until bubbly. Add the milk slowly, stirring constantly. Cook until slightly thickened. Add the cream cheese and stir until completely melted. Remove from heat. Pour the cream cheese mixture over the pasta and stir to combine. Add the mixture to the greased casserole dish and sprinkle the shredded cheddar cheese over the top. Top with bread crumbs, if desired. Bake at 350° for about 20 minutes. Let cool slightly and serve with a glass of milk.

# Veggie Dip

## Ingredients:

- 1 1/2 cups light sour cream
- 1/2 cup plain nonfat Greek yogurt
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. dried dill OR 1–2 T. fresh dill
- 1/2 tsp. salt
- 2 T. parsley (chopped)
- 1/4 cup green onions

## Optional Dipping Choices:

thinly sliced carrot sticks, broccoli, sliced cucumbers, sliced bell peppers, thinly sliced celery, pita chips

Combine the sour cream and yogurt in a large bowl. Invite each child to stir the mixture for a moment. Introduce the spices as you measure and add them to the bowl. Encourage children to smell each ingredient before adding it. Wash and cut fresh vegetables to dip, or serve with pita chips.