

## Mac and cheese muffins

GREEN (NSW, ACT & SA)

Makes 12 muffins

### Ingredients:

- ½ cup red capsicum, diced
- ½ cup zucchini, grated
- ½ cup sweet potato, grated
- 1 cup (100g) reduced fat cheese, grated and firmly packed into the cup
- 2 tablespoons fresh parsley, chopped
- 2 cups (290g) of cooked pasta (made from 125g dry pasta)
- 6 medium eggs
- 1 cup reduced fat milk
- A pinch of cracked pepper
- Canola oil spray

### Method:

1. In a large bowl add capsicum, zucchini, sweet potato, cheese, parsley and pasta and mix well.
2. In a separate bowl, add the eggs, milk and pepper and whisk well, then add to the dry ingredients.
3. Place into lightly sprayed muffin tins and cook on 180°C for 15-20 minutes.
4. Allow to cool for 5 minutes before removing from muffin pan.

*Recipe tested by JG July 2016*

**Nutrition information:**

<b>Mac and cheese muffins</b>	<b>Per serve (100g)</b>	<b>Per 100g</b>
<b>Energy (kJ)</b>	502	502
<b>Protein (g)</b>	9.2	9.2
<b>Fat – total (g)</b>	4.8	4.8
<b>Fat – saturated (g)</b>	2.1	2.1
<b>Carbohydrates – total (g)</b>	9.4	9.4
<b>Carbohydrates – sugar (g)</b>	2.1	2.1
<b>Sodium (mg)</b>	112	112
<b>Fibre (g)</b>	1.3	1.3