**Ingredients:**
1 package (7.25oz) macaroni & cheese dinner
1 cup frozen peas, or other vegetable
1 can (6oz) tuna drained, flaked

**Directions:**
1. Prepare macaroni and cheese dinner in a large saucepan as directed on package, adding peas to the boiling water for the last 3 minutes
2. Stir in tuna, cook on low heat for 1 to 2 min or until heated throughout, stirring occasionally.

Source: www.kraftrecipes.com
NUTRITION INFO

Per: 1 serving of tuna mac
(4 servings per recipe)

Energy .........................390 kcal
Fat .............................15g
Carbohydrates ...............42g
Protein .........................19g

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