"Rainbow Bake" Casserole

Makes: 12 or 48 Servings

	12 Servings		48 Servings	
Ingredients	Weight	Measure	Weight	Measure
Mixed vegetables, drained		3 cups		12 cups
Cheddar cheese, shredded		1 cup		4 cups
Elbow macaroni, whole grain		2-1/2 cups		10 cups
Onion, chopped		1 cup		4 cups
Kidney beans		2-1/2 cups		10 cups
Black pepper		1 tsp		4 tsp

Nutrition Information

Nutrients	Amount
Calories	**280**
Total Fat	**4 g**
Saturated Fat	2 g
Cholesterol	10 mg
Sodium	**86 mg**
Total Carbohydrate	**48 g**
Dietary Fiber	13 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	**15 g**
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

Directions

1. Cook pasta as directed.

2. Preheat oven to 350ºF.

3. In large mixing bowl, combine drained mixed vegetables, cheese, macaroni, onion, pepper and beans.

4. Pour mixture into casserole dish.

5. Bake 30-35 minutes.

Notes

Serving Tips:
Adding beans to this casserole adds additional protein without adding unhealthy fats. It can also be made with ground turkey!

Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care, Team Nutrition Delaware. Recipe adapted from Little Caboose Child Care and Learning Center.