Macaroni Hot Dish
Cheap, Fast, and Healthy – October 2013

Ingredients:
- 1 box whole wheat elbow macaroni
- 1 can nacho cheese
- 1 Cup low-fat cheddar cheese, shredded
- 1 ring turkey sausage
- Crushed red peppers
- Black pepper

Directions:
1. Boil water for noodles and turkey sausage. Add noodles and sausage once boiling.
2. When turkey sausage is hot, remove from water and slice.
3. When noodles are soft, drain water and remove from heat.
4. Add nacho cheese, cheddar cheese, and sliced sausage to noodles. Stir well.