

## Smokey Kale and Caramelized Onion Whole Grain Macaroni & Cheese



Step up classic macaroni and cheese and create custom flavor with cooked kale, red onions, ham and Gouda.

Yield	11 oz.
Serves	1
Preparation time	2 minutes
Cooking time	1 minute

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
8	oz	1 cup		<b>STOUFFER'S® Macaroni and Cheese made with Whole Grains 4x64oz US</b>	hot
2	oz	1/4 cup		Kale, plain	braised, chopped
1/2	oz	1 tbsp		Red onions	caramelized
1/4	oz	1 tbsp		Ham, 25% less sodium	diced
1/4	oz	1 tbsp		Gouda cheese	smoked, shredded

### Preparation Steps

1. Scoop 1 portion of macaroni and cheese into a mixing bowl.
2. Combine macaroni with chosen customizable options.
3. Place customized macaroni and cheese into a serving dish and top with guest's choice of additional garnishes.

### Chef's tip

Top with toasted breadcrumbs and a few dashes of hot sauce.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	382.8
Energy (Kj)	1684.1
Protein (g)	18.3
Carbohydrate, total (g)	36.9
Fats, total (g)	18.7
Sugars, total (g)	6.8
Fats, saturated (g)	7.6
Fiber, total dietary (g)	3.3
Sodium (mg)	984.9
Calcium (mg)	423.9
Cholesterol (mg)	38.4
Iron (mg)	20.5
Fats, monounsaturated (g)	4.9
Fats, polyunsaturated (g)	4.3
Vitamin A (µg_RAE)	447.7
Vitamin C (mg)	71.8

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Signature Macaroni & Cheese



1 Cup

Macaroni & Cheese +

### CREATE SIGNATURE MAC & CHEESE USING *MINOR'S* FLAVOR CONCENTRATES

Ancho	Chipotle	Fire Roasted Jalapeño	Fire Roasted Poblano	Herb de Provence	Red Chile Adobo	Roasted Garlic	Roasted Mirepoix	Sun Dried Tomato
1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp	1 tsp	2 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp