

Korean Inspired Mac and Cheese with Reduced Sodium Reduced Fat Prepared Macaroni and Cheese with Whole Grain



Yield: 26 servings | **Serving Size:** 3 ounces Macaroni and Cheese, 3 mini meatballs, 1/4 vegetable blend
Child Nutrition: 2.5 meat/meat alternate, 1/2 oz. eq. grain, 1/4 cup vegetable (other)



Ingredients

- 1 (5 pound) pouch | Land O Lakes® 25% Reduced Sodium, 50% Reduced Fat Macaroni & Cheese with Whole Grain Pouch
- 1 to 2 tablespoons | Gochujang paste
- 1/4 teaspoon | Ginger powder
- 1/4 cup | Green onion, sliced
- 3/4 teaspoon | Ginger powder
- 3 cups | Snow peas, blanched, held cold
- 2 cups | Red bell pepper, sliced
- Optional garnish | Jalapeño, sliced
- Optional garnish | Cilantro
- Optional garnish | Sriracha sauce

Korean Meatball Ingredients

- 1/4 cup | Low-sodium teriyaki sauce
- 1 tablespoon | Gochujang paste
- 78 (.5 ounce) each (2 1/2 pounds) | Frozen mini meatballs, thawed

Asian Slaw Ingredients

- 2 cups | Coleslaw mix
- 1/4 cup | Lime juice

Preparation

STEP 1

Heat Macaroni and Cheese in pouch on full steam until temperature reaches 165°F for 15 seconds.

STEP 2

Pour macaroni and cheese into half steam table pan and add 1 to 2 tablespoons Gochujang paste and 1/4 teaspoon ginger. Cover and hold warm until service.

STEP 3

In steam table pan, combine teriyaki sauce, 1 tablespoon Gochujang paste and meatballs. Cover and heat on full steam until meatballs reach 165°F for 15 seconds.

STEP 4

In a large bowl, toss coleslaw mix with lime juice, green onions and ginger. Cover and keep cold until service.

STEP 5

To assemble, place 3 ounces seasoned macaroni and cheese in bowl. Top with three meatballs, snow peas, red peppers and coleslaw; total of 1/4 cup vegetables.

STEP 6

Garnish with sliced jalapeño, cilantro and Sriracha sauce, if desired.

Nutritional Information

Serving Size		3 ounces Macaroni and Cheese, 3 mini meatballs, 1/4 vegetable blend	
Calories	293 calories	Dietary Fiber	2 grams
Fat	15 grams	Sugars	3 grams
Sat. Fat	6 grams	Protein	18 grams
Trans Fat	0 grams	Vitamin A	696 IU
Cholesterol	48 milligrams	Vitamin C	14 milligrams
Sodium	633 milligrams	Calcium	237 milligrams

Carbohydrates

24 grams

Iron

2 milligrams

© 2020 Land O'Lakes, Inc , All Rights Reserved.
Printed from landolakesfoodservice.com on 11/24/2020