## Side Dishes

## Fortified Macaroni and Cheese

1 package (7.25 ounces) macaroni and cheese dinner

Butter or margarine

¼ cup heavy whipping cream

2 tablespoons skim milk powder

½ cup shredded cheddar cheese

Boil macaroni according to the directions on the package. Add the butter and powdered cheese mix, but ***do not add the milk***. Instead, stir in the whipping cream and skim milk powder. Reduce heat and mix well. Stir in the cheddar cheese and mix until well melted.

*1 cup contains about 563 calories and 16 grams protein*

**Hearty Mashed Potatoes**

2/3 cup water

2/3 cup heavy cream

2 tablespoons butter or margarine

2/3 cup potato flakes

3 tablespoons sour cream

Salt and pepper

Combine water, cream and butter in bowl. Microwave on high for 2 to 3 minutes. Stir in the potato flakes. Add sour cream and mix well. Add salt and pepper to taste. (For extra protein and calories, add cheese, gravy or extra sour cream.)

*½ cup contains about 495 calories and 4 grams of protein*

**Super Sweet Potato Mash**

1 small sweet potato, peeled and cut into 1/2 –inch pieces

1 ½ cups apricot nectar

4 ounces soft or silken tofu

2 tablespoons honey

Boil or steam sweet potato pieces until soft, about 10 to 15 minutes. Brain and place in a blender. Add apricot nectar, tofu and honey. Blend until smooth. Serve warm.

*Contains about 500 calories and 9 grams of protein*