CUPBOARD CREATIONS - YOUR NEXT MEAL IS ALREADY HERE! MAY 2026

SAY CHEESE! MAC EDITION!
BUDGET-FRIENDLY RECIPE OF THE MONTH

OUR 2026 THEME IS "SHELF-AWARENESS: THE JOY OF SIMPLE COOKING!" 2026 WILL HIGHLIGHT RECIPES FROM "THE BASIC SHELF COOKBOOK" FROM THE CANADIAN PUBLIC HEALTH ASSOCIATION (HTTPS://PUBLICATIONS.CPHA.CA/COLLECTIONS/PUBLICATIONS)

ALL THE RECIPES SHARED THIS YEAR CAN BE MADE FROM LOW COST NUTRITIOUS INGREDIENTS! MOST OF THE INGREDIENTS USED CAN BE KEPT IN YOUR CUPBOARD FOR A LONG TIME, WITHOUT NEEDING REFRIGERATION. YOU WILL ALSO NEED TO BUY A FEW FRESH FOODS FOR MOST OF THE RECIPES SHARED.

QUICK MACARONI AND CHEESE!



INGREDIENTS:

- 1 CUP ELBOW MACARONI, UNCOOKED
- 2 TBSP MARGARINE
- 2 TBSP FLOUR
- ¼ TSP DRY MUSTARD
- 1 CUP MILK (USE FLUID MILK OR MAKE ENOUGH USING SKIM MILK POWDER)
- 1 CUP GRATED CHEDDAR CHEESE
- SALT AND PEPPER TO TASTE

SERVING IDEA - TOSS IN ANY LEFTOVER CHICKEN, GROUND BEEF, HAM OR TUNA AND VEGETABLES!

HERE`S HOW TO MAKE IT:

1. TURN ON STOVE TO HIGH HEAT. ADD ABOUT 4 CUPS OF WATER TO A LARGE SAUCEPAN AND HEAT UNTIL IT BOILS. ADD THE ELBOW MACARONI. STARTING FROM THE TIME THE WATER BOILS AGAIN, COOK FOR ABOUT 10 MINUTES, STIRRING SEVERAL TIMES. DRAIN AND SET ASIDE.
2. MEANWHILE, MELT MARGARINE IN A MEDIUM SAUCEPAN. STIR IN FLOUR AND MUSTARD. ADD MILK SLOWLY, STIRRING ALL THE TIME. COOK AND STIR UNTIL MIXTURE BOILS AND THICKENS.
3. TURN STOVE TO LOW HEAT. ADD CHEESE AND STIR UNTIL CHEESE IS MELTED AND SAUCE IS SMOOTH.
4. ADD DRAINED MACARONI. MIX GENTLY. STIR OVER LOW HEAT UNTIL MIXTURE IS HOT. ADD SALT AND PEPPER TO TASTE. SERVES 4

CONTEST ALERT!!

WE WANT TO HEAR FROM YOU!
HOW DO YOU SAVE MONEY ON GROCERIES?



SHARE YOUR MONEY SAVING TIPS TO BE ENTERED TO WIN A DRAW FOR ONE OF FOUR PRIZE PACKS, VALUED AT $30 EACH, CONTAINING PANTRY BASICS (DRIED AND CANNED GOODS) FEATURED IN THE BASIC SHELF COOKBOOK PLUS YOUR OWN COPY OF THE COOKBOOK! FOR FULL CONTEST DETAILS AND TO ENTER GO TO HTTPS://LP.CONSTANTCONTACTPAGES.COM/SV/IIPGZ5Z/RECIPEOFTHEMONTH OR SCAN QR CODE

SCAN ME TO ENTER

BRAG A LITTLE. INSPIRE A LOT! AND HELP OTHERS SAVE SOME DOUGH!

ARE YOU HUNGRY FOR MORE?

TO ACCESS 10 FREE RECIPES FROM THE COOKBOOK, VISIT CANADIAN PUBLIC HEALTH ASSOCIATION COVID-19 AND THE BASIC SHELF COOKBOOK WEBSITE (HTTPS://WWW.CPHA.CA/COVID-19-AND-BASIC-SHELF-COOKBOOK)

LEFTOVER PASTA? THE PASTABILITIES ARE ENDLESS

TRY THIS PASTA SALAD USING YOUR LEFTOVER COOKED PASTA! ALSO FROM THE BASIC SHELF COOKBOOK!

INGREDIENTS:

- 4 CUPS COOKED PASTA
- 1 CAN (179G) LIGHT TUNA, FLAKED, DRAINED
- 1 CUP CUBED OR GRATED CHEESE - CHEDDAR OR MOZZARELLA
- ¼ CUP THINLY SLICED GREEN ONIONS
- 1 CARROT, CHOPPED
- ½ CUP GREEN PEPPER, CHOPPED
- ALL PURPOSE SALAD DRESSING (RECIPE BELOW)

1. IN A LARGE BOWL, COMBINE PASTA, TUNA, CHEESE, GREEN ONION, GREEN PEPPER AND CARROT.
2. JUST BEFORE SERVING POUR SALAD DRESSING OVER PASTA AND TOSS GENTLY.

ALL PURPOSE SALAD DRESSING INGREDIENTS AND INSTRUCTIONS:

- 2 TBSP VEGETABLE OIL
- 1 GALIC CLOVE MINCED
- 2 TBSP VINEGAR - ANY KIND YOU HAVE ON HAND
- 1 TSP SUGAR
- 1 TSP LEMON JUICE
- ½ TSP DRIEND OREGANO
- ¼ TSP PEPPER

1. MIX ALL INGREDIENTS IN A SMALL BOWL AND SERVE.

YOU MAC ME CURIOUS!



- THE ORIGIN OF MAC N' CHEESE IS BELIEVED TO HAVE COME FROM SOUTHERN ITALY IN THE 13TH CENTURY. BUON APPETITO!
- IT'S A CRAYON COLOUR!! CRAYOLA HELD A CONTEST TO NAME THEIR NEW CRAYON COLOUR. IT WAS NAMED BY 6 YEAR OLD ADRIENNE WATRAL WHO SUBMITTED THE NAME FOR THE COLOUR AFTER HER FAVOURITE FOOD.
- ELBOW OR SHELL PASTA ARE THE BEST TO USE FOR MAC AND CHEESE SINCE THE CHEESE "STICKS' TO THIS PASTA SHAPE BETTER THAN A LONG NOODLE SHAPE.
- IT WAS KNOWN AS "HOUSEWIFE'S BEST FRIEND" DURING THE GREAT DEPRESSION AND WORLD WAR II DUE TO ITS LOW COST AND ONE POT NUTRITION.

For more fun facts go to the Pasta Pantry website - (https://pastapantry.ca/2015/05/mac-facts-10-things-you-probably-didnt-know-about-mac-n-cheese/ on canned fish go)

MACIN' YOU LAUGH



- WHAT DO YOU CALL FAKE MACARONI?
  - AN IMPASTA
- WHERE DID THE SPAGHETTI GO TO DANCE?
  - A MEAT BALL!
- WHY DID THE PASTA CALL HIS FRIEND?
  - HE WAS FEELING CANNELONI

For more jokes visit An American In Rome Blog. (https://anamericaninrome.com/2021/02/best-pasta-jokes/)

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