# cheesy sausage bake with honey glazed carrots

TOTAL TIME
*50 minutes*
MAKES 4 SERVINGS

### APRON'S ADVICE

*Kids of all ages will have fun crushing the crackers. Be sure the bag is tightly sealed to avoid the possibility of crumbs going everywhere.*

### SHOPPING LIST

**Dairy**
1 tbsp butter

**Dry Grocery**
2 1/2 cups elbow macaroni
20 fat buttery-taste crackers
1/4 cup honey
large zip-top bag
1/4 cup light brown sugar
1 (16-oz) package light processed bar cheese
1/2 tsp seasoned salt

**Meat**
1 (12-oz) package sausage patties

**Produce**
1 (16-oz) bag baby carrots

**Suggested Items**
brownies
garlic sticks
sliced tomatoes

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### COOKING SEQUENCE

- Prepare cheezy sausage and begin to bake - 35 minutes
- Prepare carrots; serve - 15 minutes

## cheezy sausage bake

### INGREDIENTS

1 (12-ounce) package sausage patties
4 cups water
1 (16-ounce) package light processed bar cheese
2 1/2 cups elbow macaroni
20 reduced fat buttery-taste crackers
large zip-top bag
salt and pepper, to taste

### STEPS

1. Preheat oven to 350°F. 2. Preheat large saucepan on medium-high for 2-3 minutes. 3. Place sausage in pan and cook 7-9 minutes, stirring frequently until sausage is brown, breaking meat up as it cooks. Drain meat (if needed) and return to pan. 4. Add water to sausage, increase heat to high and bring to boil. 5. Open cheese and cut into 1-inch cubes. Set aside. 6. When water boils, add pasta and return to boil. Boil 6-8 minutes, stirring occasionally. 7. Place crackers in zip-top bag and crush to make about 1 cup. 8. Add 2-3 cubes of cheese at a time to sausage and pasta mixture, stirring until melted and well blended. 9. Pour into 8-inch square baking dish. Top with crushed crackers. 10. Bake 12-15 minutes, or until top is golden brown. Season with salt and pepper. Serve. (Makes 6 servings.)

## honey glazed carrots

### INGREDIENTS

1 (16-ounce) bag baby carrots
1 tablespoon butter
1/4 cup honey
1/2 teaspoon seasoned salt
1/4 cup light brown sugar

### STEPS

1. Place in microwave-safe bowl: carrots, butter, honey, seasoned salt and brown sugar. 2. Cover and microwave on high for 5 minutes. 3. Remove from microwave and stir. Microwave additional 5 minutes. Serve.

Calories 778kcal; Fat 29g; Cholesterol 98mg; Carbohydrate 92g; Fiber 5g; Protein 21g; Sodium 2066mg Vitamin A 486%; Vitamin C 11%; Calcium 84%; Iron 18%

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