

## Creamy Ranch Mac \*

Thank you Healthy Recipe Mom, Nicole!

**Prep Time:** 15 minutes

**Number of Servings:** 6-8, depending on ages

**PANS/EQUIPMENT:** Medium pot, steamer, large and small bowls.

**Ranch Dressing Mix, *Simply Organic***

Make it adding buttermilk or mayonnaise. Set aside in bowl.

**8 oz whole grain or gluten-free pasta**

Cook per directions. Rinse and cool in large bowl.

**1 pound bag mixed vegetables, frozen**

Lightly steam. Cool. Add to pasta.

**2 cups cooked chicken, (leftovers!) deli chicken**

Cut or tear into small pieces. Add to pasta and veggies.

**1/2 red pepper, chopped**

Add to pasta mixture. Pour in Ranch dressing. Gently stir until every ingredient is lightly coated. Serve!

**6 God-made Food Colors:** tan, white, orange, green, yellow, red.

**5 Food Groups:** Dairy, spices/herbs (dressing mix), whole grain, vegetables, poultry

### PERFORMANCE RATING: 6/5

The Kid Critics gobbled this up. Really - vegetables and all. This Ranch Dressing's flavors and texture are so appealing that you should consider coating a variety of vegetables with it. The quick chicken trick is to go to the deli, ask for a one or two inch slice of an additive free chicken, take it home and cut it into little chunks. Now you have a quick ready meal-in-one for your family.

Needless to say, a 6/5 Performance Rating means your kids will be powered up with the recipe. Make a lot for lunch box leftovers and snacks. This recipe is an answered prayer for busy moms and dads. Your kids will be well feed and leave the table smiling!

**\*KKA** means awarded the Kid Critics Approved Seal

\* The origin of the recipe is the Tupperware Salad Recipe Book. It has been slightly altered.