



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Annie's



More Than Just Food

Annie's mission is to cultivate a healthier and happier world by spreading goodness through nourishing foods, honest words and conduct that is considerate and forever kind to the planet. When you eat organic food, you are caring not only for your family's health and wellness, but that of the planet and everybody on it.

Be The Postive: *give Annie's organic soups, mac 'n cheese and fruit snacks a try!*



Bacon Avocado Mac'n Cheese



Ingredients:

- 1 box (6 oz) Annie's™ Shells & Real Aged Cheddar
- Milk and unsalted butter called for on box
- 4 slices bacon, crisply cooked and crumbled
- 1 medium avocado, pitted, peeled and cubed
- 1 Tbsp. chopped fresh cilantro

Directions:

- In 2-quart saucepan, make Shells & Real Aged Cheddar as directed on box.
- Stir in bacon. Cook 2-3 minutes, stirring occasionally, until heated through.
- Gently stir in avocado. Sprinkle with cilantro. Top with chopped fresh tomatoes, if desired.

