



## **MACARONI & CHEESE – BOX – Microwave**

*Here's how to make a 7.25 ounce box of macaroni & cheese in the microwave oven to serve three to four as a side dish.*



- \_\_\_\_\_1. Get 7.5 ounce box macaroni & cheese.  
Get microwave safe dish.  
Get hot water.  
Get liquid measuring cup.  
Get refrigerated butter or margarine.  
Get sharp knife.  
Get milk.  
Get spoon.



- \_\_\_\_\_2. Open box and and put cheese packet off to side.



- \_\_\_\_\_3. Put macaroni into dish.



\_\_\_\_\_4. Measure 1 3/4 cups hot water.



\_\_\_\_\_5. Put water into dish.



\_\_\_\_\_6. Open microwave. Put dish in.



\_\_\_\_\_7. Close microwave.



\_\_\_\_\_ 8. Set microwave for 11 minutes.  
Start.



\_\_\_\_\_ 9. Open microwave.



\_\_\_\_\_ 10. Put on potholders.



\_\_\_\_\_ 11. **Careful!** Take dish out of microwave.



\_\_\_\_\_12. Close microwave.



\_\_\_\_\_13. Take off potholders.



\_\_\_\_\_14. Cut off 4 tablespoons butter or margarine.



\_\_\_\_\_15. Put butter or margarine into dish.

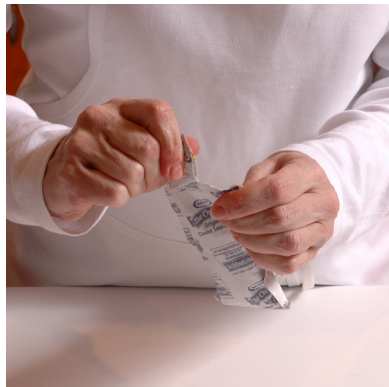




\_\_\_\_\_16. Measure 1/4 cup milk.



\_\_\_\_\_17. Put milk into dish.



\_\_\_\_\_18. **Careful!** Open cheese packet.



\_\_\_\_\_19. Put cheese into dish.



\_\_\_\_\_20. Mix.



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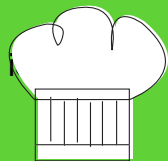
*Here's how to make a 7.25 ounce box of macaroni & cheese in the microwave oven to serve three to four as a side dish.*

*It's good to know these particulars:*

*Learn how to use a liquid measuring cup\* by going to the *Basic Start, Cupboards* section – *Liquid Measuring Cup* or the *Basic Start, How To's* section – *Measuring Cups*.*

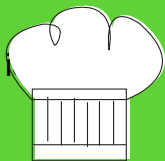
This recipe uses a microwave at full power. Because microwave oven temperatures vary, you may find that you need less or more cooking time than noted in the recipe.

- \_\_\_\_\_ 1. Get 7.5 ounce box macaroni & cheese. Get microwave safe dish. Get hot water. Get liquid measuring cup. Get refrigerated butter or margarine. Get sharp knife. Get milk. Get spoon.  
Get a 7.5 ounce box of macaroni & cheese, a clean microwave safe dish, hot water from the faucet, a clean liquid measuring cup, a stick of butter or margarine from the refrigerator (this is important because it's easier to cut when cold), a clean, sharp knife to cut the butter or margarine, fresh milk (check the expiration date to make sure it's still good), and a clean spoon.
- \_\_\_\_\_ 2. Open box and put cheese packet off to side.  
Using your hands, open the box and pull out the packet of cheese, leaving the macaroni in the box.  
Put the cheese packet off to the side until step 18.
- \_\_\_\_\_ 3. Put macaroni into dish.  
Using your hand, tip the box down and over the dish so the macaroni empties into the dish.
- \_\_\_\_\_ 4. Measure 1 3/4 cups hot water.  
Using the liquid measuring cup, measure one and three quarters cups hot water from faucet.
- \_\_\_\_\_ 5. Put water into dish.  
Put the water from the measuring cup into the dish.



- \_\_\_\_\_ 6. Open microwave. Put dish in.  
Open the microwave oven door.  
Put the covered dish into the microwave oven.
- \_\_\_\_\_ 7. Close microwave.  
Close the microwave oven door.
- \_\_\_\_\_ 8. Set microwave for 11 minutes. Start.  
Set the microwave oven cook timer for eleven minutes.  
Start the microwave oven.
- \_\_\_\_\_ 9. Open microwave.  
Open the microwave oven door.
- \_\_\_\_\_ 10. Put on potholders.  
Put the potholders on to your hands as an extra precaution.
- \_\_\_\_\_ 11. **Careful!** Take dish out of microwave.  
Using your hands, carefully take the dish out of the microwave oven  
and put it on to a safe surface.
- \_\_\_\_\_ 12. Close microwave.  
Close the microwave oven door.
- \_\_\_\_\_ 13. Take off potholders.  
Take the potholders off of your hands.
- \_\_\_\_\_ 14. Cut off 4 tablespoons butter or margarine.  
Using your one hand, hold the stick of butter or margarine, in its  
wrapper, to keep it steady.  
Notice the markings on the wrapper. These show you where to cut for  
1 tablespoon, 2 tablespoons, etc. Each stick is made up of 8  
tablespoons.  
Using your other hand and the knife, on a safe surface, cut off four  
tablespoons of butter or margarine.  
Cut right through the wrapper.
- \_\_\_\_\_ 15. Put butter or margarine into dish.  
Using your hands, take the wrapper off of the butter or margarine you  
just cut off and put the butter or margarine into the dish.  
Throw away the wrapper.





- \_\_\_\_\_ 16. Measure  $\frac{1}{4}$  cup milk.  
Using the liquid measuring cup, measure one quarter cup of milk.
- \_\_\_\_\_ 17. Put milk into dish.  
Put the milk from the measuring cup into the dish.
- \_\_\_\_\_ 18. **Careful!** Open cheese packet.  
Using your hands, tear off the very top of the cheese packet.  
Be careful because the cheese can easily spill.  
When opening the packet, you might want to do this over the dish so that any cheese that spills will fall into the dish!
- \_\_\_\_\_ 19. Put cheese into dish.  
Using your hand, tip the packet down and over the dish so the cheese empties into the dish.  
You might have to shake the packet a few times while it's upside down to get all the cheese out.
- \_\_\_\_\_ 20. Mix.  
Using your one hand, hold the dish so that it's steady.  
Using your other hand and the spoon, mix together all the ingredients in the dish until well blended.



## **MACARONI & CHEESE – BOX – Stove Top**

*Here's how to make a 7.25 ounce box of macaroni & cheese on the stove top to serve three to four as a side dish.*



- \_\_\_\_\_1.    Get liquid measuring cup.  
              Get water.  
              Get pot.  
              Get 7.5 ounce box macaroni  
              & cheese.  
              Get long handled spoon.  
              Get strainer.  
              Get refrigerated butter or margarine.  
              Get sharp knife.  
              Get milk.



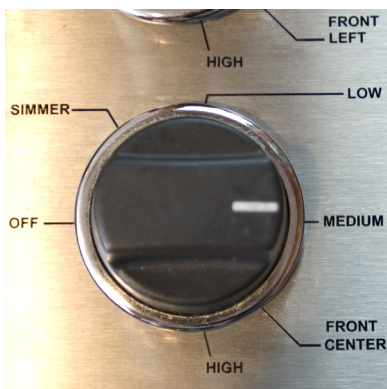
- \_\_\_\_\_2.    Measure 6 cups water.



- \_\_\_\_\_3.    Pour water into pot.



\_\_\_\_ 4. Put pot on to stove.



\_\_\_\_ 5. Turn on stove to medium.



\_\_\_\_ 6. Boil water.



\_\_\_\_ 7. Open box and and put cheese packet off to side.



\_\_\_\_\_ 8. **Careful!** Put macaroni into pot.



\_\_\_\_\_ 9. Boil again – 7 minutes.  
**Careful!** Stir occasionally.



\_\_\_\_\_ 10. Turn off stove.



\_\_\_\_\_ 11. **Careful!** Drain with strainer.





\_\_\_\_\_12. **Careful!** Put macaroni back into pot.



\_\_\_\_\_13. Cut off 4 tablespoons butter or margarine.



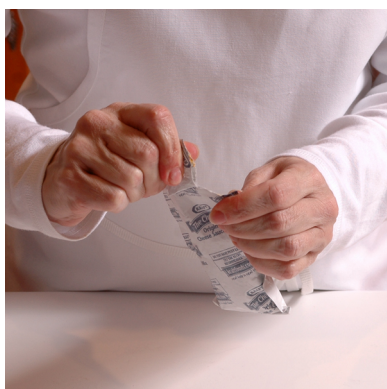
\_\_\_\_\_14. Put butter or margarine into pot.



\_\_\_\_\_15. Measure 1/4 cup milk.



\_\_\_\_\_16. Put milk into pot.



\_\_\_\_\_17. **Careful!** Open cheese packet.



\_\_\_\_\_18. Put cheese into pot.



\_\_\_\_\_19. Mix.



## **MACARONI & CHEESE – BOX – Stove Top**

*Here's how to make a 7.25 ounce box of macaroni & cheese on the stove top to serve three to four as a side dish.*

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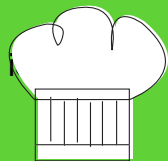
This recipe assumes that a pot with a heat resistant handle(s)\* is used. More information is available in the *Basic Start, Cupboards* section – *Nonstick Pots and Pans with Heat Resistant Handles*.

There's more information about using a liquid measuring cup\* in the *Basic Start, Cupboards* section – *Liquid Measuring Cup* or the *Basic Start, How To's* section – *Measuring Cups*.

\*Learn more about how to get water to boil on the stove top in the *Basic Start, How To's* section – *Boil Water*.

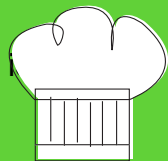
For tips on using a strainer\* look at the *Basic Start, Cupboards* section – *Strainer* and the *Basic Start, How To's* section – *Strainer*.

- \_\_\_\_\_ 1. Get liquid measuring cup. Get water. Get pot. Get 7.5 ounce box macaroni & cheese. Get long handled spoon. Get strainer. Get refrigerated butter or margarine. Get sharp knife. Get milk.  
Get a clean liquid measuring cup, water from a faucet, a clean pot, a 7.5 ounce box of macaroni & cheese, a clean long handled spoon, a clean strainer, a stick of butter or margarine from the refrigerator (this is important because it's easier to cut when cold), a clean, sharp knife to cut the butter or margarine, and fresh milk (check the expiration date to make sure it's still good).
- \_\_\_\_\_ 2. Measure 6 cups water.  
Using the liquid measuring cup, measure six cups of water.
- \_\_\_\_\_ 3. Pour water into pot.  
Pour the water from the measuring cup into the pot.
- \_\_\_\_\_ 4. Put pot on to stove.  
Put the pot on to a stove burner.



- \_\_\_\_\_ 5. Turn on stove to medium.  
Turn on the stove burner to a medium heat.
- \_\_\_\_\_ 6. Boil water.  
Heat the water until it reaches a boil.
- \_\_\_\_\_ 7. Open box and put cheese packet off to side.  
Using your hands, open the box and pull out the packet of cheese, leaving the macaroni in the box.  
Put the cheese packet off to the side until step 17.
- \_\_\_\_\_ 8. **Careful!** Put macaroni into pot.  
Using your one hand, hold the handle of the pot so that it's steady and safe.  
Using your other hand, and being very careful, add the macaroni to the pot of boiling water.  
It's important to add the macaroni as carefully as possible to avoid any splashing.  
The macaroni will cool off the water and it may take a minute or two for the water to reach a boil again.
- \_\_\_\_\_ 9. Boil again – 7 minutes. **Careful!** Stir occasionally.  
Heat the water until it reaches a boil and let it boil for seven minutes.  
Every two to three minutes, use the long handled spoon to carefully stir the macaroni in the pot.
- \_\_\_\_\_ 10. Turn off stove.  
Turn off the stove burner.
- \_\_\_\_\_ 11. **Careful!** Drain with strainer.  
Drain the boiling water from the macaroni by using the strainer, which should be placed in the sink.  
Put the pot on to a safe surface.
- \_\_\_\_\_ 12. **Careful!** Put macaroni back into pot.  
Using your one hand, hold the pot so that it's steady.  
Using your other hand and the strainer full of macaroni, put the macaroni back into the pot.  
Slowly and carefully tip the strainer over the pot to empty the macaroni into the pot.





- \_\_\_\_\_ 13. Cut off 4 tablespoons butter or margarine.  
Using your one hand, hold the stick of butter or margarine, in its wrapper, to keep it steady.  
Notice the markings on the wrapper. These show you where to cut for 1 tablespoon, 2 tablespoons, etc. Each stick is made up of 8 tablespoons.  
Using your other hand and the knife, on a safe surface, cut off four tablespoons of butter or margarine.  
Cut right through the wrapper.
- \_\_\_\_\_ 14. Put butter or margarine into pot.  
Using your hands, take the wrapper off the butter or margarine you just cut off and put the butter or margarine into the pot.  
Throw away the wrapper.
- \_\_\_\_\_ 15. Measure 1/4 cup milk.  
Using the liquid measuring cup, measure one quarter cup of milk.
- \_\_\_\_\_ 16. Put milk into pot.  
Put the milk from the measuring cup into the pot.
- \_\_\_\_\_ 17. **Careful!** Open cheese packet.  
Using your hands, tear off the very top of the cheese packet.  
Be careful because the cheese can easily spill.  
When opening the packet, you might want to do so over the pot so that any cheese that spills will fall into the pot!
- \_\_\_\_\_ 18. Put cheese into pot.  
Using your hand, tip the packet down and over the pot so the cheese empties into the pot.  
You might have to shake the packet a few times while it's upside down to get all the cheese out.
- \_\_\_\_\_ 19. Mix.  
Using your one hand, hold the pot so that it's steady.  
Using your other hand and the spoon, mix together all the ingredients until well blended.