

Step into

easy meal prep

with

RenaStep

Macaroni 

Cheese 



Preparation time: 15 minutes

Recipe makes: 4 servings

## Ingredients

1 ½ cups elbow noodles, uncooked  
2 Tbsp butter, unsalted  
1 clove garlic, peeled, crushed  
¾ cup cream cheese

3 Tbsp parmesan cheese, grated, divided  
½ bottle (100 ml) Renastep™  
Pinch ground black pepper

## Directions

1. Preheat oven broiler.
2. Cook pasta according to the package instructions. Drain. Do not add salt if called for.
3. Melt butter in a saucepan over low heat; add garlic and sauté for 1 minute.
4. Stir in cream cheese and 1 Tbsp parmesan cheese until melted.
5. Pour in Renastep and whisk to make a sauce; simmer on low-medium heat to thicken. Add more Renastep to achieve your desired consistency if needed.
6. Season with black pepper to taste.
7. Mix in pasta and top with remaining parmesan cheese and transfer into a baking dish.
8. Place the dish under the preheated broiler until it becomes golden brown, about 3 minutes.
9. Enjoy!

## Nutrition Information (1/4 recipe)

**Calories:** 440 | **Protein:** 11 g | **Potassium:** 180 mg  
**Phosphorus:** 167 mg | **Calcium:** 99 mg | **Sodium:** 229 mg

This recipe was developed by Sarah Trace, Renal Dietitian and Dietetic Support Workers, Bristol Royal Hospital for Children, UK and is from their Kidney Friendly Cookbook.

Renastep is for use in the dietary management of pediatric kidney disease from 1 year of age and under medical supervision. Check with your child's healthcare professional before making changes to their diet.

This recipe was analyzed using FoodData Central. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Be sure to check the nutrition label of any product substitution to ensure it is suitable for your child. Refer to labels for allergen information and suitability.

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