

# Ranch Macaroni and Cheese Cups

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*cooking spray*  
*8 tablespoons Italian bread*  
*crumbs, divided*  
*4 ounces presliced ham,*  
*finely chopped*  
*1 package (20 ounce)*  
*prepared macaroni and*  
*cheese*  
*1 teaspoon ranch*  
*seasoning mix (or taco*  
*seasoning)*  
*1 cup shredded sharp*  
*cheddar cheese, divided*

Preheat the oven to 400 degrees.

Coat a 24-cup mini-muffin pan with cooking spray. Then coat the muffin cups with 3 tablespoons of bread crumbs. (discard any excess from the pan). Chop the ham.

In a bowl, combine the macaroni, ham, seasoning, 1/2 cup of cheese and the remaining 5 tablespoons of bread crumbs. Press one heaping tablespoon of the macaroni mixture into each muffin cup.

Bake for 10 minutes.

Sprinkle the top of each cup with equal amounts of the remaining 1/2 cup of cheese.

Bake for 3 to 4 more minutes or until the cheese has melted and the topping has browned lightly.

Let stand 10 minutes to cool.

Serve.

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Per Serving (excluding unknown items): 677 Calories; 39g Fat (52.3% calories from fat); 37g Protein; 44g Carbohydrate; 3g Dietary Fiber; 120mg Cholesterol; 2294mg Sodium. Exchanges: 3 Grain(Starch); 4 Lean Meat; 5 1/2 Fat.