

Classic macaroni and cheese

Here's a tasty, lower-fat version of a favorite dish.

2 cups macaroni

½ cup onions, chopped

½ cup evaporated skim milk

1 medium egg, beaten

¼ tsp black pepper

1 ¼ cups (4 oz) lowfat sharp cheddar cheese, finely shredded

Nonstick cooking spray

1. Cook macaroni according to directions, but do not add salt to the cooking water. Drain and set aside.
2. Spray casserole dish with nonstick cooking spray. Preheat oven to 350° F.
3. Lightly spray saucepan with nonstick cooking spray. Add onions and sauté for about 3 minutes.
4. In another bowl, combine macaroni, onions and rest of ingredients. Mix.
5. Transfer mixture into casserole dish.
6. Bake for 25 minutes, or until bubbly. Let stand for 10 minutes before serving.

Yield: 8 servings; serving size is ½ cup

Each serving equals:

Calories: 200

Total fat: 4 g

Saturated fat: 2 g

Cholesterol: 34 mg

Sodium: 120 mg

Total fiber: 1 g

Protein: 11 g

Carbohydrates: 29 g

Potassium: 119 mg

Healthy tip:

Substitute whole grain macaroni noodles for a tasty way to sneak in extra fiber and a serving of whole grains.



Sources:
www.nih.gov, NIH Publication No. 03-5227, February 2003

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