



Classic Macaroni and Cheese

Serving size: ½ cup

Yield: 8 servings

Ingredients:

2 cups macaroni

½ cup onions, chopped

½ cup evaporated milk, fat-free

1 medium egg, beaten

¼ teaspoon black pepper

1¼ cups sharp cheddar cheese (4 ounces), finely shredded, low-fat

Non-stick cooking oil spray



Directions:

1. Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside.
2. Spray a casserole dish with non-stick cooking oil spray. Preheat oven to 350° F.
3. Lightly spray saucepan with non-stick cooking oil spray.
4. Add onions to saucepan and sauté for about 3 minutes.
5. In another bowl, combine macaroni, onions, and the remaining ingredients and mix thoroughly.
6. Transfer mixture into casserole dish.
7. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Nutrition Facts (per serving): Calories: 200, Total fat: 4 g, Saturated fat: 2 g, Cholesterol: 34 mg, Sodium: 120 mg, Fiber: 1 g, Protein: 11 g, Carbohydrate: 29 g, Potassium: 119 mg

Source: *A Healthier You*, Centers for Disease Control and Prevention

