

Classic Macaroni and Cheese- Only Healthier!



Ingredients

2 cups of whole wheat macaroni

½ cup of chopped onions

½ cup of evaporated skim milk

1 medium egg, beaten

¼ tsp. of black pepper

1 ¼ cups of low fat, sharp cheddar cheese
(4 oz), finely shredded

Nonstick cooking 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 nonstick cooking oil spray. Preheat oven to 350° F.
3. Lightly spray saucepan with nonstick 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.

*Yield 8 servings, serving size: ½ cup. Calories: 200. Fat: 4 g.
Saturated Fat: 2 g. Cholesterol: 34 mg. Sodium: 120 mg.*

*This recipe was taken from: www.nutrition.gov