



Macaroni and Cheese

Preparation Time:
5 minutes

Cook Time:
40 minutes

Yields:
8 servings

Serving Size:
1 pasta

Amount Per Serving:	
Calories*	200
Total Fat:	4g
Saturated Fat:	2g
Cholesterol:	34mg
Sodium:	120mg
Total Fiber:	1g
Carbohydrate:	29g
Protein:	11g
Potassium:	119mg

* Percent Daily Values are based on a 2,000 calorie diet.

- 2 cups macaroni
- ½ cup onion, chopped
- ½ cup fat-free evaporated milk
- 1 medium egg, lightly beaten
- ¼ tsp ground black pepper
- 1¼ cup (4 oz) low-fat sharp cheddar cheese, finely shredded
- Nonstick cooking spray

Cook macaroni according to package directions-but do not add salt to the cooking water. Drain and set aside. Spray casserole dish with nonstick cooking spray. Preheat oven to 350°F. Lightly spray saucepan with nonstick cooking spray. Add onion to saucepan and sauté for about 3 minutes over medium heat. In a bowl, combine macaroni, onion, and the remaining ingredients and mix thoroughly. Transfer mixture into casserole dish. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Tip: Pairs nicely with steamed broccoli and garlic.