

classic macaroni & cheese



National Heart, Lung,
and Blood Institute

<http://wecan.nhlbi.nih.gov>

Ingredients

2 cups macaroni

1/2 cup onions, chopped

1/2 cup evaporated
fat-free milk

1 medium egg, beaten

1/4 teaspoon black pepper

1 1/4 cup low-fat cheddar
cheese, finely shredded

nonstick cooking spray,
as needed

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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.
3. Preheat oven to 350°F.
4. Lightly spray saucepan with nonstick cooking spray. Add onions to saucepan and sauté for about 3 minutes.
5. In another bowl, combine macaroni, onions, and the rest of the 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 4 servings, **Serving Size** 1 cup, **Calories** 200, **Total Fat** 4g,
Saturated Fat 2g, **Cholesterol** 34mg, **Sodium** 120 mg, **Total Fiber** 1g,
Protein 11g, **Carbohydrates** 29g, **Potassium** 119 mg