

classic macaroni & cheese

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 cups low-fat cheddar
cheese, finely shredded

nonstick cooking spray,
as needed



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. Reheat 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



National Heart, Lung,
and Blood Institute