classic macaroni & cheese

Ingredients

2 cups macaroni

 $1/_2$ cup onions, chopped

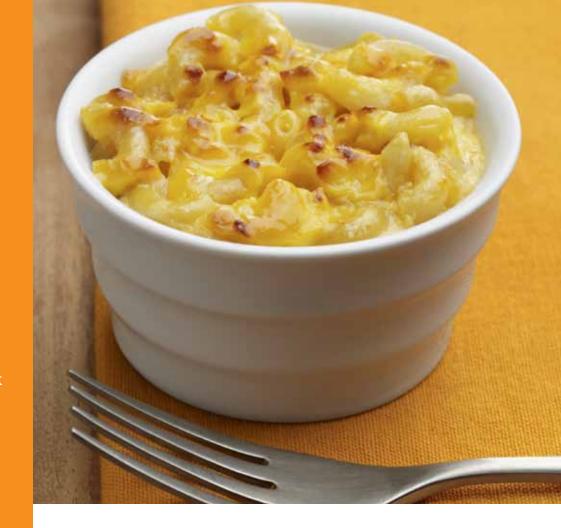
 $\frac{1}{2}$ cup evaporated fat-free milk

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

