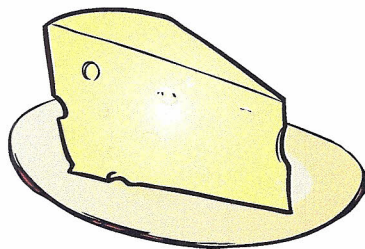


Classic Macaroni and Cheese

This recipe proves you don't have to give up your favorite dishes to eat heart healthy meals. Here's a lower-fat version of a true classic.

- 2 cups macaroni
- 2 cups onions, chopped
- 2 cups evaporated fat-free milk
- 1 medium egg, beaten
- ¼ teaspoon black pepper
- 1¼ 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. Preheat oven to 350 °F.
4. Lightly spray saucepan with nonstick cooking spray. Add onions to saucepan and saute 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:	8 servings
Serving size:	½ cup
Calories	200
Total Fat	4 g
Saturated Fat	2 g
Cholesterol	34 mg
Sodium	120 mg
Total Fiber	1 g
Protein	11 g
Carbohydrates	29 g
Potassium	119 mg