

Classic Macaroni & 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

Ingredients:

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



Directions:

Cook macaroni according to package directions—but do not add salt to the cooking water. Drain and set aside.

Spray a casserole dish with nonstick cooking spray. Preheat oven to 350 °F. Lightly spray a 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.

Credit: The National Heart, Lung, and Blood Institute (NHLBI), Keep the Beat™ Recipes: Deliciously Healthy Dinners.

Nutritional Information per Serving

Serves 8

Serving size: 1 C pasta

Each serving provides:

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