

Classic Macaroni and Cheese

Heart Healthy Recipe of the Month

You don't have to give up your favorite comfort food to be heart healthy!

*Source: Keep the Beat! Heart Healthy Recipes, developed by National Heart, Lung, Blood Institute
Number of Servings: Eight 1/2 cup servings.*

Ingredients:

2C macaroni
1/2C onions, chopped
1/2C evaporated skim milk
1 medium egg
1/4 tsp black pepper
1 1/4 C or 4 oz. Low fat, sharp
cheddar cheese
Cooking spray

Directions

1. Cook macaroni according to directions-do not add salt to the water. Drain and set aside.
2. Spray casserole dish with cooking spray and preheat oven to 350 degrees.
3. Spray cooking oil on sauce pan and sauté onions for 3 minutes.
4. Mix macaroni, onions and the rest of the ingredients and put in casserole dish.
5. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving

Nutrition Content:

Calories: 200
Total fat: 4g
Saturated fat: 2g
Cholesterol: 34 mg
Sodium: 120 mg
Total fiber: 1g
Protein: 11 g
Carbohydrates: 29g
Potassium: 119mg