



# Classic Macaroni and Cheese



**BAKE TIME:** 25 minutes • **SERVINGS:** 8 • **SERVING SIZE:** 1/2 cup

## INGREDIENTS

- 2 cups macaroni
- 1/2 cup onions, chopped
- 1/2 cup evaporated skim milk
- 1 medium egg, beaten
- 1/4 teaspoon black pepper
- 1-1/4 cup (4 oz) lowfat sharp cheddar cheese, finely shredded
- Nonstick cooking spray, as needed

## INSTRUCTIONS

Preheat oven to 350 °F and spray casserole dish with nonstick cooking spray.

Cook macaroni according to directions—but do not add salt to the cooking water.

Drain and set aside.

Lightly spray saucepan with nonstick cooking spray. Add onions to saucepan and sauté for about 3 minutes.

In another bowl, combine macaroni, onions, and rest of the ingredients, and mix thoroughly. Transfer mixture into casserole dish.

Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

## NUTRITION INFORMATION

Each serving contains 200 calories; 4 g fat (2 g saturated); 34 mg cholesterol; 29 g carbohydrates; 11 g protein; 1 g fiber; 120 mg sodium

*Source: National Heart, Lung, and Blood Institute*