

mmmmmmmm Good Mac and Cheese

What you need:

- 2 cups macaroni, try whole wheat for more fiber
- 1/2 cup chopped onions
- 1/2 cup evaporated skim milk in can (for low lactose diets, try lactaid or soy milk)
- 1 medium egg, beaten
- 1/4 teaspoon black pepper
- 1 1/4 cup lowfat sharp cheddar cheese, finely shredded (for low lactose diets, try soy cheese)
- non-stick cooking spray
- 1 1/2 cup of your favorite cooked veggies like carrots, green beans, broccoli, cauliflower, tomatoes and more...



(over for directions, nutritional information)

mmmmmmmm Good Mac and Cheese (continued)

How to make:

Cook macaroni according to box directions, no need to add extra salt to water. Drain and set aside. Spray casserole dish with non stick cooking spray. Heat oven to 350 degrees. Spray saucepan with non stick cooking spray. Add onions and cook for about 3 minutes. In another bowl, combine macaroni, onions and all the rest of the ingredients. Mix well and transfer into casserole dish. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Nutrition Information:

Serving Size:	½ cup
Calories:	200 calories
Fat:	4 gm.
Carbohydrate:	30 gm.
Fiber:	4 gm.
Protein:	10 gm.
Sodium:	180mg.



Recipe courtesy of Lifetime Health Medical Group