

FEATURED RECIPE:

Classic Macaroni and Cheese

Ingredients

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

Directions

1. Preheat oven to 350° F.
2. Cook macaroni according to package directions—but do not add salt to the cooking water. Drain and set aside.
3. Spray casserole dish with nonstick cooking spray.
4. Lightly spray saucepan with nonstick cooking spray. Add onion to saucepan and sauté for about 3 minutes over medium heat.
5. In a bowl, combine macaroni, onion, and the remaining 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.

Makes 8 servings. Per serving: 200 calories, 4 g total fat, 11 g protein, 29 g carbs, 1 g fiber, 120 mg sodium

**To increase fiber content, use whole wheat pasta.*

Source: The National Heart, Lung, and Blood Institute's Heart Healthy Recipes

