

Heart Healthy Recipe

SIDE DISHES

Classic Macaroni and Cheese

Here's a scrumptious, lower-fat version of a favorite dish.

- ▢ 2 c macaroni*
- ▢ ½ c onions, chopped
- ▢ ½ c evaporated skim milk
- ▢ 1 medium egg, beaten
- ▢ ¼ tsp black pepper
- ▢ 1 ¼ c (4 oz) lowfat sharp cheddar cheese, finely shredded
- ▢ As needed, nonstick cooking spray

1. Cook macaroni according to directions, but do not add salt to the cooking water. Drain and set aside.
2. Spray casserole dish with nonstick cooking spray. Preheat oven to 350° F.
3. Lightly spray saucepan with nonstick cooking spray. Add onions and sauté for about 3 minutes.
4. In another bowl, combine macaroni, onions, and rest of ingredients and mix.
5. Transfer mixture into casserole dish.
6. Bake for 25 minutes, or until bubbly. Let stand for 10 minutes before serving.

Yield: 8 servings Serving size: 1/2 cup

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

*Healthful tip: Substitute whole grain macaroni noodles for a tasty way to sneak in a serving of whole grains and extra fiber in this dish.

Source:

www.nih.gov

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