

Classic Macaroni and Cheese

Ingredients:

- 2 cups macaroni
- ½ cup chopped onions
- ½ cup nonfat evaporated milk
- 1 medium egg, beaten
- ¼ teaspoon black pepper
- 1 ¼ cups (4 ounces) finely shredded low-fat sharp cheddar cheese
- Cooking oil spray

Preparation:

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

Yields 8 (½ cup) servings

Nutritional Information Per Serving: 110 calories, 8g protein, 14g carbohydrate (1g fiber), 2g fat, 30mg cholesterol, 135mg sodium

Source: U.S. Department of Agriculture



UPMC HEALTH PLAN