

Macaroni and Cheese

Serve with a salad or fruit

- 1 tablespoon light margarine
- 2 tablespoons all-purpose flour
- 1 1/4 cups skim milk
- 1 1/2 cups (6 ounces) shredded reduced-fat sharp cheddar cheese
- 3 tablespoons grated Parmesan cheese
- 1 teaspoon low-sodium Worcestershire sauce
- 1/2 teaspoon dry mustard
- 1/8 teaspoon pepper
- 1/8 teaspoon hot sauce
- 4 cups hot cooked whole wheat macaroni (about 1 3/4 cups uncooked)



1. Make a roux - melt margarine over medium heat and then add flour – stir for one minute with a wire whisk
2. Once completely combined slowly add milk while continuing to stir
3. Once completely combined bring to a boil and continue to stir for one minute, being careful to not let it burn
4. Remove from heat and add cheese, Worcestershire sauce, mustard, pepper, and hot sauce
5. Stir until cheeses have melted
6. Add cooked macaroni and mix until blended
7. Enjoy!

Yield: 6 servings (serving size: 3/4 cup)

NUTRITION PER SERVING

CALORIES 266(29% from fat); **FAT** 8.7g; **SODIUM** 307mg; **CHOLESTEROL** 22mg;
PROTEIN 15.6g; **CARBOHYDRATE** 30.7g