

## Kid-Friendly Macaroni and Cheese

*Serve with a side of fruit, some grilled chicken or fish.*

- 1 tablespoon 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 medium whole wheat elbow macaroni (about 1 3/4 cups uncooked)

1. Melt margarine in a saucepan over medium heat
2. Add flour. And cook for about 1 minute
3. Gradually add milk, stirring constantly with a whisk and bring to a boil
4. Continue to stir constantly and cook for 1 minute
5. Remove from heat and add cheeses, Worcestershire, mustard, pepper and hot sauce
6. Stir until cheese has melted and then add macaroni
7. Serve

**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

