Classic Macaroni and Cheese

Serving Size: 1/2 cup
Yield: 8 servings

Ingredients:

2 cups macaroni
1/2 cup chopped onions
1/2 cup evaporated milk, nonfat
1 medium beaten egg
1/4 teaspoon black pepper
1 1/4 cups finely shredded sharp cheddar, lowfat cheese
Cooking oil spray

Instructions:

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

Meal Idea

Macaroni and Cheese
Steamed Broccoli
Celery Sticks
Orange Juice

Cost:

Per Recipe: $ 1.97
Per Serving: $ 0.25

Adapted from: Heart Healthy Home Cooking African American Style, National Heart, Lung and Blood Institute (NHLBI)
Source - USDA at http://recipefindernal.usda.gov/