

Classic Macaroni and Cheese

Here's a lower-fat version of a favorite dish from the National Heart, Lung and Blood Institute's heart-healthy recipe collection:

2 cups macaroni
1/2 cup onions, chopped
1/2 cup evaporated skim milk
1 medium egg, beaten
1/4 tsp. black pepper
1 1/4 cup (4 ounces) lowfat, sharp cheddar cheese, finely shredded

Cook macaroni according to directions. Drain and set aside. Spray casserole dish with nonstick cooking spray. Preheat oven to 350° F.

Lightly spray saucepan with nonstick cooking spray. Add onions and sauté for about 3 minutes. In another bowl, combine macaroni, onions, and rest of ingredients and mix. Transfer mixture into casserole dish.

Bake for 25 minutes, or until bubbly. Let stand for 10 minutes before serving.

Makes 8 servings (1/2 cup): 200 calories, 4 g total fat (2 g saturated fat), 11 g carbs

Health-e headlines™