

Mom's Mac and Cheese

Makes: 8 Servings

The pasta used here is whole wheat rotini. Rotini is a type of spiral pasta. Dress this recipe up, before baking, by adding chopped broccoli and cheese to the pasta.

Ingredients

1 package whole-wheat rotini, uncooked (about 1 pound)
1 1/2 cups cheddar cheese (shredded)
4 eggs
3 cups fat-free milk
1/2 teaspoon paprika (if you like)
1 teaspoon prepared mustard
1/4 teaspoon black pepper
1/2 cup corn flakes cereal (crushed)

Directions

1. Heat oven to 400 degrees F.
2. Cook rotini according to directions on package. Drain well.
3. Beat the eggs in medium bowl. Add milk, pepper, and mustard to the beaten eggs. If using paprika, add that too.
4. In an 9x13-inch baking dish, layer the rotini with the cheese. Keep making layers until all of the rotini is used, ending with cheese on the top.
5. Pour the egg/milk mixture over the rotini and cheese.
6. Sprinkle the crushed corn flakes over the top of the pan.
7. Bake 30 to 40 minutes until the casserole is firm in the center.

Notes

Tip: Try adding your favorite vegetable, such as chopped broccoli, to the pasta and cheese before baking.