

# Classic Macaroni and Cheese

Rating: ★★★★★

Makes: 8 servings

## Ingredients

- 2 cups macaroni
- 1/2 cup onion (chopped)
- 1/2 cup evaporated milk, non-fat
- 1 large egg (medium, beaten)
- 1/4 teaspoon black pepper
- 1 1/4 cups cheese, finely shredded sharp cheddar, lowfat cooking oil spray

## Directions

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

National Heart, Lung and Blood Institute (NHLBI), Heart Healthy Home Cooking African American Style

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	110	
Total Fat	2 g	3%
Protein	8 g	
Carbohydrates	14 g	5%
Dietary Fiber	1 g	4%
Saturated Fat	1 g	5%
Sodium	135 mg	6%