

## Macaroni and Cheese

This updated version of the classic comfort food takes advantage of ingredients, such as fat-free milk, refrigerated egg product, and reduced-fat cheddar cheese, to lower calories, fat, and carbs.

### **CARB GRAMS PER SERVING: 24**

#### **Ingredients**

- 8 ounces dried elbow macaroni
- Nonstick cooking spray
- 1 12-ounce can evaporated fat-free milk
- ½ cup refrigerated or frozen egg product, thawed, or 2 eggs, lightly beaten
- 2 teaspoons onion powder
- ½ teaspoon ground black pepper
- ¾ cup finely shredded Parmesan cheese (3 ounces)
- ¼ cup shredded reduced-fat cheddar cheese (1 ounce)
- ½ teaspoon paprika

#### **Directions**

- 1.** Preheat oven to 350° F. Cook the macaroni according to package directions. Drain pasta and keep warm. Lightly coat a 2-quart baking dish with nonstick cooking spray; set aside.
- 2.** In a medium bowl, whisk together evaporated milk, egg, onion powder, and pepper. Add drained macaroni, Parmesan cheese, and cheddar cheese; mix well.
- 3.** Spread macaroni mixture into prepared baking dish. Sprinkle with paprika. Bake about 25 minutes or until heated through.



#### **Nutrition Facts**

**Servings: 24**

**Calories 169**

**Total Fat 3g**

**Saturated Fat 2g**

**Cholesterol 9mg**

**Sodium 210mg**

**Carbohydrate 24g**

**Fiber 1g**

**Protein 11g**

#### **Diabetic Exchanges**

**Starch (d.e.) 1.5**

**Lean Meat (d.e.) 1**