

Macaroni and Cheese

Serves: 10

Ingredients

2 cups elbow macaroni	1 cup shredded American cheese
½ cup egg substitute	3 tsp. light margarine
1 tsp. no-salt seasoning mix	½ tsp. paprika
½ tsp. black pepper	4 cups skim milk
1 cup light cheddar cheese	1 tsp. salt substitute

Bring ½ gallon water to boil, add macaroni noodles, and stir. As soon as the water has come to a rapid boil, cook for another 3-5 minutes until tender. Turn off heat, drain the noodles, and immediately rinse with cold water to cool the noodles. Drain and set aside.

Combine egg substitute with the milk, then add all seasonings, mix well.

Mix all cheeses and margarine with the macaroni.

Spray a 4-quart casserole dish with vegetable spray.

Pour macaroni-cheese mixture in the prepared casserole dish. Pour the egg-milk mixture over the macaroni.

Bake at 350 degrees for approximately 30-40 minutes or until bubbly.

Per serving: 218 calories, 8 g total fat (5 g saturated fat), 23 mg cholesterol, 355 mg sodium, 22 g total carbohydrates, 1 g dietary fiber, 6 g sugars, 14 g protein.