

Mac and Cheese

An American classic that hits the waistline and hips pretty hard! My version softens the blow of cheese by mixing in non-fat cream cheese and parmesan.

Serves 4

Ingredients

(1 1/2 cup uncooked) 3 cups whole wheat pasta cooked
1 1/2 cups cheddar (about 8 oz), grated
1/4 cup (4 ounces) non-fat cream cheese
1/2 cup non-fat, skim milk
1/4 cup reduced-fat Parmesan
1 tablespoon flour
1 tablespoon olive oil
1/2 teaspoon salt
1/8 teaspoon paprika
1/8 teaspoon black pepper
non-stick cooking spray

Directions

Coat a large skillet with cooking spray and heat over medium-high heat. Add the olive oil. When the oil is hot, add the flour. Reduce the heat to medium, cook 1-2 minutes stirring constantly until mixture resembles a thick paste.

Stir in the milk and cook 3-4 minutes until the mixture begins to thicken. Stir in the Parmesan, cream cheese, cheddar cheese, salt, paprika, and pepper. Mix until cheese is smooth and melted. Stir in the macaroni and serve.