



Healthy Dad Recipes

CREAMY MACARONI 'N CHEESE

Yield: 8 servings.

Ingredients:

1/3 cup	onion finely chopped
3 ½ cups	<i>cooked</i> elbow macaroni
1 ¾ cups	reduced-fat cheddar cheese shredded
2 tbsp	fresh parsley minced
1/2 cup	fat-free evaporated milk
1 ¾ cups	2% cottage cheese
1 tsp	Dijon mustard
½ tsp	salt
¼ tsp	pepper



Instructions:

- Preheat oven to 350°F.
- In a large microwave-safe bowl, cover and microwave onion on high for 1 minute or until tender; drain.
- Add the cooked macaroni, cheddar cheese and parsley; set aside.
- In a blender combine the milk, cottage cheese, mustard, salt and pepper; cover and process until smooth. Stir into macaroni mixture.
- Pour into a 1 ½ quart baking dish coated with cooking spray.
- Bake uncovered for 20-25 minutes or until lightly browned.

Nutritional Facts:

2/3 cup equals 229 calories, 6 g fat (4 g saturated fat), 19 mg cholesterol, 491 mg sodium, 24 g carbohydrate, 1 g fiber, 20 g protein.

Recipe courtesy of tasteofhome.com