

Low fat Macaroni and Cheese

Ingredients:

1½ cups skim milk
1/2 stick of unsalted butter
1 Tbsp corn starch
1/2 cup cold water
1 tsp. salt
1 tsp. black pepper
1/2 tsp. paprika
1/8 tsp. yellow mustard
2 cups shredded cheddar cheese
4 oz pamesan cheese
16 oz. elbow macaroni

Directions:

In a large pot, for the macaroni, follow the instructions on the box. Then mix corn starch and water. Then add the skim milk, butter, and half of the cheddar cheese; stir until cheese is fully melted and the sauce is thickened. Then add the mustard and spices. Set aside for a minute and check to see if the macaroni is done; if it is, make sure the macaroni is not over- or undercooked and then well drained. Transfer macaroni back into the large pot and then add your cheese sauce; stir well. In a lightly greased baking pan, pour macaroni and make sure it is evenly distributed. Use the rest of the cheddar and parmesan cheese to sprinkle on top of the macaroni. Bake in a preheated oven at 375° for 20 minutes or until cheese is fully melted and is golden brown.