

# baked macaroni and cheese

Serves: 4

Prep and Cook time: 45 min

Per serving: 334 calories, 11 g fat, 661 mg sodium

1 1/4 cups uncooked elbow macaroni (about 6 oz)

1 cup milk

2 TBS all-purpose flour

1 1/4 cups (5 oz) shredded reduced-fat sharp cheddar cheese

1/2 tsp salt

1/8 tsp freshly ground black pepper

1 (1 1/2-oz) slice white bread

1 TBS butter, melted

1. Preheat oven to 350° F. Cook pasta according to package directions, omitting salt and fat. Drain.
2. Place bread in a food processor, and pulse 10 times or until the crumbs measure 1 1/4 cups. Or, use 1/4 to a 1/3 cup of premade breadcrumbs.
3. Combine milk and flour in a medium saucepan, stirring with a whisk. Cook over medium heat 2 minutes or until thick, stirring constantly with a whisk. Add cheese, salt, and pepper, stirring with a whisk until smooth. Add pasta; toss to coat. Pour into a glass baking dish.
4. Heat a large nonstick skillet over medium heat. Add breadcrumbs, and cook 5 minutes or until lightly browned, stirring occasionally. Stir in melted butter; cook 2 minutes, stirring occasionally. Sprinkle breadcrumb mixture over pasta mixture.
5. Put the baking dish into the oven for about 10 minutes to allow the macaroni and breadcrumbs to crisp up.

