

Classic Macaroni and Cheese (FDD)

Makes: 6 Servings

Evaporated milk is used on this family favorite. Tip! Evaporated milk can be used as a lower fat alternative for heavy cream in sauces, soups, and gravies.

Ingredients

1/2 cup evaporated milk

2 cups uncooked macaroni (such as elbows, spirals, or shells)

1/2 cup onion (chopped)

1 egg (medium, beaten)

1/4 teaspoon black pepper

1 1/4 cups low-fat cheddar cheese (shredded, 4 ounces)

nonstick cooking spray

Directions

1. Preheat oven to 350 degrees F. Coat an 8x8-inch casserole dish with nonstick cooking spray. 2. Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside. 3. Lightly spray saucepan with nonstick cooking spray. Add onions to saucepan and cook for about 3 minutes. 4. In another bowl, combine macaroni, onions, egg, cheese, milk, and pepper and mix thoroughly. 5. Pour mixture into casserole dish. 6. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Source: Recipe adapted from SNAP-ED Connection Recipe Finder