Healthy Recipe of the Month
- September 2008

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The semester has started for UA students, and fall is just around the corner. When life is busy and time is short, sometimes an old favorite is what sounds good for supper. This version of the classic macaroni and cheese is so much healthier than the packaged variety, and really doesn't take that much longer to cook. Add a side of sliced fresh tomatoes and perhaps a fruit salad with peaches, plums and grapes, and you have a wonderful, comforting dinner to enjoy.

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Classic Macaroni and Cheese
From The Heart Truth, U.S. Department of Health and Human Services, 2006

Ingredients

- 2 cups macaroni
- ½ c. chopped onion
- ½ c. evaporated skim milk
- 1 medium egg, beaten
- ¼ tsp black pepper
- 1 ½ c. lowfat sharp cheddar cheese, finely shredded
*As needed, nonstick cooking spray

1. Cook macaroni according to package directions, but do not add salt to the water.

2. Spray an 8X8 casserole dish with nonstick cooking spray, and preheat oven to 350°.

3. Lightly spray saucepan with nonstick cooking spray; add onions and sauté for about 3 minutes.

4. In another bowl, combine macaroni, onions, and rest of ingredients and mix well.

5. Bake 25 minutes or until bubbly. Let stand 10 minutes before serving.

Makes 4 servings, 1 cup each

**Nutrient Analysis per serving,**

- Calories: 400
- Saturated fat: 4 g.
- Sodium: 240 mg.
- Protein: 22 g.
- Potassium: 238 mg.
- Total fat: 8 g.
- Cholesterol: 68 mg.
- Total fiber: 2 g.
- Carbohydrates: 58 g.