

Healthier Macaroni & Cheese



It's your health. Take a stand.

Makes 8 Servings

What You Need

The whole wheat pasta and light dairy products make this a healthy alternative to the original recipe.

3 cups dry whole wheat macaroni
1/4 cup flour
1 1/2 cups skim milk
1 cup chicken stock
1 1/2 cups light sharp cheddar cheese
1/4 tsp paprika

1/2 tsp salt
1/2 tsp dry mustard
1/4 tsp pepper
2 ounces (1/4 cup) light cream cheese
2 tbsp parmesan cheese

Per Serving

Calories 345
Carbohydrates 36 g
Protein 23 g
Fat 12 g
Dietary Fiber 4 g

How You Prepare

Cook pasta until al dente, then drain.

In sauce pan mix flour, milk and chicken stock and cook until thickened. Grate in the cheddar cheese and mix in the rest of the ingredients (except parmesan cheese). Stir until cheeses are melted. Combine this sauce with cooked pasta and place in a large casserole dish. Top with parmesan cheese. Bake uncovered for 30 minutes.