

## Marvelicious Mac and Cheese



Prep time: 10 minutes

Cook time: 20 minutes

### Ingredients:

- 2½ cups fat free milk
- 2 cups uncooked elbow macaroni (7 ounces)
- 1 tablespoon butter
- 3 tablespoons all-purpose flour
- ¼ teaspoon salt
- ½ teaspoon dry mustard
- 2 cups shredded reduced fat sharp cheddar cheese
- ½ cup shredded reduced fat sharp cheddar cheese (optional topping)

### Directions:

Preheat oven to 375 degrees. Cook macaroni according to package directions.

Meanwhile, heat milk and butter in a medium saucepan over medium heat. Gradually whisk in flour, salt and dry mustard and simmer for 1 minute, whisking occasionally. Remove from heat; stir in 2 cups of cheese until melted. Add drained macaroni to saucepan and toss with cheese sauce. Transfer mixture to an 8- or 9-inch square baking dish. Bake uncovered in until hot and bubbly, about 20 minutes. Let stand 5 minutes before serving.

Serves 6

### Nutritional Facts for main dish recipe:

Calories: 285

Fat: 8g

Saturated Fat: 5g

Cholesterol: 20mg

Sodium: 635mg

Calcium: 40% Daily Value

Protein: 20g

Carbohydrates: 33g

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