

Macaroni and Cheese

Ingredients:

Non stick cooking spray
 8 ounces whole grain elbow macaroni
 1 teaspoon margarine
 1 small onion
 10 ounces reduced fat cheddar cheese
 5 ounces fat-free evaporated milk
 1 medium egg
 1/4 teaspoon black pepper

Equipment:

Knife & Cutting board
 2 quart casserole dish
 Large saucepan
 Non stick skillet
 Grater
 Spatula
 Small bowl

Number of Servings: 8
 Prep Time: 15 minutes
 Total time: 35 minutes

Directions

1. Preheat oven to 350°F. Spray a casserole dish with nonstick cooking spray.
2. Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain.
3. While noodles are cooking, cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces.
4. Heat margarine in small saucepan on medium until melted. Add onions and cook until , sauté onions until tender, about 3 minutes. Set aside.
5. Shred cheese with a grater into small pieces. Layer half of noodles in casserole dish, sprinkle half of onions and cheese on top. Repeat for second layer.
6. To crack an egg, tap it in several places on a hard surface until the shell is broken, and pull apart with your fingers. Pour the egg into a glass and check for shells and bad smells. if it is OK, add to a medium bowl. Be sure to wash hands after handling eggs.
7. Open can of evaporated milk and add to bowl with egg. Season with pepper and use a fork to blend milk and egg together well. Pour over noodles.
8. Bake at 350°F for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

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Nutrition Facts

Serving Size: 1/2 cup
 Servings: 8

Amount Per Serving	
Calories 193	Calories from Fat 36
%Daily Value*	
Total Fat 4g	6%
Saturated Fat 2g	10%
Cholesterol 35mg	12%
Sodium 254mg	11%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	10%
Protein 15g	30%
Vitamin A 3%	Vitamin C 2%
Iron 8%	Calcium 22%

*Percent Daily Values are based on a 2,000 calorie diet.

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