

# RECIPE

## Classic Macaroni and Cheese

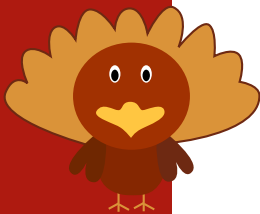
Start to Finish: 45 minutes Servings: 8

### Ingredients:

2 cups macaroni  
½ cup onions, chopped  
½ cup evaporated skim milk  
1 medium egg, beaten  
¼ teaspoon black pepper  
1¼ cups (4 ounces) sharp cheddar cheese, finely shredded, low fat  
Nonstick cooking oil spray  
Water

### Directions:

1. Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside.
2. Spray a casserole dish with nonstick cooking oil spray.
3. Preheat oven to 350 F.
4. Lightly spray saucepan with nonstick cooking oil spray.
5. Add onions to saucepan and sauté for about 3 minutes.
6. In another bowl, combine macaroni, onions and the remaining ingredients and mix thoroughly.
7. Transfer mixture into casserole dish.
8. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.



### Nutrition Information Per Serving:

200 Calories; 4 g Total Fat; 2 g Saturated Fat; 34 mg Cholesterol; 120 mg Sodium