

Makeover Creamy Mac & Cheese

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Servings: 10

*1 package (16 ounce) elbow macaroni
1/3 cup all-purpose flour
1/2 teaspoon garlic powder
1/2 teaspoon pepper
1/4 teaspoon salt
2 cups fat-free half-and-half
2 tablespoons butter
2 cups fat-free milk
3 cups (12 ounces) reduced-fat sharp
Cheddar cheese, shredded
OPTIONAL TOPPING
2 tablespoons butter
1 medium onion, chopped
5 cups cubed bread
1/2 cup reduced-fat Cheddar cheese,
shredded*

Preparation Time: 30 minutes

Bake: 25 minutes

Preheat the oven to 350 degrees.

Cook the elbow macaroni according to the package directions. Drain.

Meanwhile, in a small bowl, whisk the flour, seasonings and half-and-half until smooth. In a large saucepan, melt the butter over medium heat. Stir in the half-and-half mixture.

Add the milk. Bring to a gentle boil, stirring constantly. Remove from the heat. Add the cheese and stir until melted.

Stir in the macaroni. Transfer to a 13x9-inch baking dish coated with cooking spray.

For the optional topping: In a large skillet, heat the butter over medium-high heat. Add the onions. Cook and stir until tender. Add the bread; cook and stir for 2 minutes longer. Sprinkle the bread mixture over the macaroni mixture. Top with cheese.

Bake, uncovered, for 25 to 30 minutes or until heated through.

Per Serving (excluding unknown items): 82 Calories; 5g Fat (51.9% calories from fat); 1g Protein; 9g Carbohydrate; trace Dietary Fiber; 12mg Cholesterol; 101mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 1 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	82	Vitamin B6 (mg):	trace
% Calories from Fat:	51.9%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	41.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	6.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	5g	Folacin (mcg):	10mcg
Saturated Fat (g):	3g	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	12mg	% Daily Value*	0 0%
Carbohydrate (g):	9g		
Dietary Fiber (g):	trace		
Protein (g):	1g		
Sodium (mg):	101mg		
Potassium (mg):	35mg		
Calcium (mg):	6mg		
Iron (mg):	trace		
Zinc (mg):	trace		
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	174IU		
Vitamin A (r.e.):	43RE		

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 82 Calories from Fat: 42

% Daily Values*

Total Fat	5g	7%
Saturated Fat	3g	14%
Cholesterol	12mg	4%
Sodium	101mg	4%
Total Carbohydrates	9g	3%
Dietary Fiber	trace	2%
Protein	1g	
Vitamin A		3%
Vitamin C		1%
Calcium		1%
Iron		3%

* Percent Daily Values are based on a 2000 calorie diet.