

Southern Macaroni and Cheese

Casserole Recipes

Servings: 4

1 1/2 cups uncooked whole wheat or multigrain elbow macaroni

2 teaspoons all-purpose flour

1 tablespoon dry mustard

1/2 teaspoon black pepper

1/2 teaspoon salt

1 cup skim milk, divided

1/2 cup shredded 2% milk sharp Cheddar cheese

1 tablespoon shredded 2% milk sharp Cheddar cheese

1 egg white

1/8 teaspoon paprika

1 tablespoon unseasoned bread crumbs

Preheat oven to 325 degrees. Spray 1-quart baking dish with nonstick cooking spray.

Cook macaroni according to package directions. Drain macaroni in colander under cold water to cool slightly; shake off excess liquid. Set aside in bowl.

Mix together flour, mustard, pepper and salt in small saucepan. Add 1/2 cup milk and whisk. Place over medium heat, stir in remaining 1/2 cup milk. Continue to cook, stirring constantly until bubbly and thickened. Remove from heat, let cool two to three minutes. Stir in 1/2 cup cheese and mix until melted.

Add egg white to slightly cooled macaroni and mix. Add cheese sauce to macaroni mixture and mix. Spoon macaroni mixture into prepared baking dish.

Mix together 1 tablespoon cheese, paprika and bread crumbs. Sprinkle mixture on top of macaroni. Bake fifteen to twenty minutes until bubbly and lightly browned. Let stand five minutes before serving.

Per Serving (excluding unknown items): 36 Calories; trace Fat (11.6% calories from fat); 3g Protein; 4g Carbohydrate; trace Dietary Fiber; 1mg Cholesterol; 312mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 0 Fat.