

Macaroni and cheese is a popular side dish, but its fat and calories can really add up. Our mac and cheese recipe is a healthier option, without sacrificing flavor. Our trick is to add a bit of grated onion and Dijon mustard. Try using whole-wheat noodles for added fiber.

Ingredients:

- 4 cups cooked elbow macaroni (about 2 cups uncooked)
- 2 cups (8 ounces) shredded reduced-fat sharp cheddar cheese
- 1 cup 1% low-fat cottage cheese, ran threw food processor till smooth
- ¾ cup fat-free Greek yogurt
- ½ cup skim milk
- 2 Tbsp grated fresh onion
- 1½ teaspoons reduced-calorie, reduced fat stick margarine, melted
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup egg substitute
- 1 Tbsp dijon mustard
- Vegetable cooking spray
- ¼ cup dry breadcrumbs
- 1 Tbsp reduced-calorie, reduced fat stick margarine, melted
- ¼ teaspoon paprika

Preparation:

Mix first 11 ingredients in a bowl and then place into a 2-quart casserole dish coated with cooking spray. Make topping for dish by combining breadcrumbs, margarine and paprika, and sprinkling over the casserole. Cover and bake at 350° for 30 minutes. Uncover; bake 5 minutes or until set.

Yield: 6 servings (serving size: 1 cup)

Nutritional Data Per Serving

- Calories: 286
- Fat 5g;
- Sat Fat 2 g;
- Cholesterol 13 mg;
- Sodium 617 mg;
- Carbohydrate 38 g;
- Fiber 2 g;
- Protein 22 g;

