

Creamy Macaroni 'n' Cheese Recipe



This recipe is: Healthy and Diabetic Friendly

Creamy Macaroni 'n' Cheese Recipe makes 8 Servings - Prep: 15 min. Bake: 20 min.

Ingredients

- 1/3 cup *finely chopped onion*
- 3-1/2 cups *cooked elbow macaroni*
- 1-3/4 cups *shredded reduced-fat cheddar cheese*
- 2 tablespoons *minced fresh parsley*
- 1/2 cup *fat-free evaporated milk*
- 1-3/4 cups *2% cottage cheese*
- 1 teaspoon *Dijon mustard*
- 1/2 teaspoon *salt*
- 1/4 teaspoon *pepper*

Directions

- In a large microwave-safe bowl, cover and microwave onion on high for 1 minute or until tender; drain. Add the macaroni, cheddar cheese and parsley; set aside.
- In a blender, combine the milk, cottage cheese, mustard, salt and pepper; cover and process until smooth. Stir into macaroni mixture.
- Pour into a 1-1/2-qt. baking dish coated with cooking spray. Bake, uncovered, at 350° for 20-25 minutes or until lightly browned. **Yield:** 8 servings.

Nutrition Facts: 2/3 cup equals 229 calories, 6 g fat (4 g saturated fat), 19 mg cholesterol, 491 mg sodium, 24 g carbohydrate, 1 g fiber, 20 g protein. **Diabetic Exchanges:** 2 lean meat, 1-1/2 starch.