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## Healthy Cheese

### Pasta Bake

Yield: 18 servings

Serving Size: ½ cup

Prep Time: 40 minutes

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#### Ingredients

- 🍷 Non-stick cooking spray
- 🍷 ¾ pound Barilla Plus elbow macaroni
- 🍷 2 tablespoons Smart Balance Omega Light
- 🍷 2 tablespoons all purpose flour
- 🍷 1 ½ cups nonfat milk, hot, but not boiling
- 🍷 ¾ cup shredded reduced fat sharp cheddar cheese
- 🍷 ¾ cup shredded reduced fat Colby cheese
- 🍷 1 teaspoons ground black pepper
- 🍷 1 teaspoons dry mustard

#### Directions:

1. Preheat the oven to 375°F. Spray 2-quart casserole dish with nonstick cooking spray
2. Bring a large pot of water to a boil
3. Add the macaroni to the boiling water and cook until the pasta is al dente, about 7 or 8 minutes. Drain the pasta & set aside
4. In a 2-quart saucepan, whisk the Smart Balance and flour together over medium heat. Cook about 2 minutes. Slowly whisk in the hot milk and simmer, stirring occasionally, for 5 minutes. Stir in ½ amount of each cheese with black pepper and dry mustard
5. Combine pasta with milk & cheese mixture
6. Pour the mixture into the prepared casserole dish. Sprinkle the rest of the cheese over the top
7. Bake, uncovered, for about 30 minutes or until the edges are bubbling and the top is golden brown. Remove from the oven and let stand for 10 minutes

#### Nutrition Facts:

	This Recipe:	Traditional Mac & Cheese:	You saved:
Calories	110	210	100 calories
Total Fat (g)	3	13	10 grams of fat
Total Carbohydrate (g)	15	16	
Dietary Fiber (g)	1	1	
Protein (g)	6	6	
Sodium (mg)	90	220	130 mg sodium

#### Lifestyle Tips:

As great as traditional macaroni and cheese tastes, it's not great for your health! Since it is loaded with cheese, butter and whole milk, this pasta dish quickly turns into a diet disaster! The solution? Keep your portion small & use low fat cheeses, a small amount of light margarine, and fat free milk. With these small changes, this classic American dish can fit into your diet and still taste great! For an even healthier addition, add your favorite veggies like broccoli, carrots, & cauliflower!