Macaroni and Cheese

Ingredients:
1 pound elbow macaroni, cooked
2 ½ cups skim milk
2 Tablespoons margarine
2 Tablespoons all-purpose flour
2 ½ cups low-fat mozzarella cheese, grated
1 cup low-fat cheddar cheese, shredded
¾ cup bread crumbs

Directions:
1. Preheat oven to 375°F.
2. Boil macaroni according to package directions, drain and set aside.
3. Combine grated cheeses in medium-sized bow (keep cottage separate for now).
5. Blend in flour, then slowly add milk, stirring constantly over medium heat until sauce thickens (this is a white sauce).
6. Add grated cheeses to white sauce, except for ½ cup, stirring until cheese is melted (this is now the cheese sauce).
7. Mix bread crumbs with ½ cup of the grated cheese in small bowl.
8. Combine macaroni and cheese sauce in large casserole dish. Top with grated cheese and breadcrumb mixture. Bake until top is golden brown (30-40 minutes).

Yields about 10 servings

Source: Recipe from Broome County CCE

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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