

## Classic Macaroni and Cheese—8 Servings

**Did you know?** Non-fat milk and low fat cheese help lower fat and cholesterol content.

2 cups macaroni  
1/2 cup chopped onions  
1/2 cup evaporated skim milk  
1 medium egg, beaten  
1/4 tsp black pepper  
1 1/4 cups low-fat sharp cheddar cheese (4 oz), finely shredded  
Nonstick cooking spray

Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside. Spray a casserole dish with nonstick cooking oil spray. Preheat oven to 350F. Lightly spray saucepan with nonstick cooking oil spray. Add onions to saucepan and sauté for about 3 minutes. In another bowl, combine macaroni, onions, and the remaining ingredients and mix thoroughly. Transfer mixture into casserole dish. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

**Source:** Everyday Food Magazine, September 2006