

# Classic Macaroni and Cheese

Yield 8 servings

## Ingredients

2 cups	macaroni
1/2 cup	onion (chopped)
1/2 cup	evaporated milk, non-fat
1	egg (medium, beaten)
1/4 teaspoon	black pepper
1 1/4 cup	cheese, finely shredded sharp cheddar, lowfat cooking oil spray

## Instructions

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

## Cost

Per recipe: \$2.82

Per serving: \$0.35

## Source

National Heart, Lung and Blood Institute (NHLBI), [Heart Healthy Home Cooking African American Style](#)

Nutrition Facts	
Serving Size 1/2 cup, 1/8 of recipe (84g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 3g	
Protein 8g	
Vitamin A 2%	Vitamin C 2%
Calcium 15%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	