

One Bowl Mac and cheese

Yield: 1 serving

Ingredients:

1/2 cup elbow macaroni, or other small pasta
1/2 cup water
Pinch salt
1/4 cup low fat milk
1/2 cup shredded cheddar cheese

Instructions:

- In a large bowl stir together the macaroni, water and pinch of salt.
- Microwave on high for 2 minutes. Stir.
- Microwave on high for another 2 minutes. Stir
- Microwave on high for 1 minute. Stir.
- Continue to microwave for 1 minute and stirring until the noodles are cooked. If needed, add an additional 1-2 teaspoons of water to prevent the noodles from sticking together.
- Stir in milk and cheese.
- Microwave for 30 seconds - 1 minute. Stir until creamy.

Notes:

- Use a large, tall bowl to prevent the water from boiling over.
- Be sure to stir often and stir well while cooking. Add an extra 1-2 teaspoons of water if needed.
- The noodles are forgiving. A little extra milk will help separate sticky noodles and create an extra creamy mac and cheese.