



Carla Hall's Low Fat Mac and Cheese

Ingredients:

- 1/2 pound whole wheat or regular elbow macaroni
- 2 pieces whole wheat bread
- Pinch of salt
- Olive oil cooking spray
- 3 tablespoons flour
- 1 tablespoon powdered mustard
- 1 teaspoon kosher salt
- 1/2 teaspoon paprika
- 2 1/2 cups LOW FAT milk
- 4 ounces LOW FAT cream cheese
- 1/2 cup yellow onion, minced
- 1 bay leaf
- 6 ounces sharp cheddar, shredded
- 2 tablespoons fresh parsley, chopped
- Freshly ground black pepper

Instructions:

- Preheat oven to 375 degrees F.
- In a large pot of boiling, lightly salted water, cook the pasta to al dente according to box instructions.

Tear the sliced bread into small pieces. Place on baking sheet and spray the bread lightly with olive oil spray and sprinkle with salt.

- Place pan in oven and bake for 7 to 10 minutes or until bread crumbs are nicely toasted and brown. Set aside to cool.
- Toss with parsley and freshly ground black pepper. Set aside.

While the pasta is cooking, in a separate pot, combine the flour, mustard, salt and paprika. With the heat on medium, slowly pour in the milk while whisking. Add in the onions and bay leaf.

- Bring milk to a simmer and stir in cream cheese. Whisk until smooth. Simmer for 2 minutes or until the mixture is thick and creamy.

- Off the heat, remove the bay leaf and stir in the cheddar cheese until melted. Fold the macaroni into the cheese mixture.
- Serve immediately and top with bread crumb mixture. Serve with a small salad or mixed vegetables.