



## **Mac and Cheese Lite**

### **Ingredients:**

- Nonstick cooking spray
- Salt
- 4 ounces whole-wheat macaroni
- 1/2 cup onion-garlic puree (see below)
  - Combine 1 large Vidalia onion, 9 garlic cloves (roughly chopped) and 1/2 cup water in a microwave-safe bowl. Season with salt and black pepper to taste.
  - Cover the bowl tightly with plastic wrap and microwave on high 10 minutes.
  - Pour the mixture into a blender; blend until smooth. Season with salt and black pepper to taste. (Store in a covered container)
- 1/2 teaspoon dry mustard
- Pinch cayenne pepper
- 1 cup shredded 50 percent reduced-fat cheddar
- 1/3 cup nonfat Greek yogurt
- 1/4 cup whole-wheat panko bread crumbs
- 1/4 cup grated Parmesan

### **Instructions:**

- Preheat the oven to 425°. Mist an 8-inch-by-8-inch baking dish with cooking spray; set it aside.
- Bring a large pot of salted water to a boil. Add macaroni and cook according to package directions, drain.
- Meanwhile, bring onion-garlic puree, mustard and cayenne to a simmer in a small saucepan over medium heat, stirring often. Whisk in cheddar until melted. Remove from heat and whisk in yogurt.
- In a medium bowl, toss the macaroni with the cheese sauce. Season with salt to taste. Pour the mixture into the prepared baking dish and sprinkle panko over the top. Top with Parmesan.
- Bake until Parmesan is melted and macaroni is hot throughout, about 10 minutes.

**Makes:** 4 servings.

**Calories per Serving:** 237