

# Blue is Better Recipe (Serves 6)

## Macaroni and Cheese

### Ingredients

- 2 cups uncooked regular or whole wheat elbow macaroni
- 2 cups fat-free milk
- 3 tablespoons all-purpose flour
- 1 teaspoon Dijon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon ground red pepper (cayenne)
- 2 cups shredded reduced-fat sharp cheddar cheese

### Preparation Instructions

1. In 3-quart saucepan, cook and drain macaroni as directed on package.  
Return to saucepan; cover to keep warm.
2. Preheat oven to 350°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray.
3. In 2-quart saucepan, stir milk, flour, mustard, salt, black pepper and red pepper with wire whisk until smooth. Cook over medium heat, stirring constantly, until mixture boils and thickens. Remove from heat. Stir in cheese until melted.
4. Add cheese sauce to cooked macaroni; mix well. Spoon into baking dish.
5. Bake 20 to 25 minutes or until edges are bubbly.



### NUTRITION FACTS

**Serving Size**  
1 cup

**Amount Per Serving:**

<b>Calories</b>	.....	340
Calories from Fat	.....	.80
<b>Total Fat</b>	.....	.9 g
Saturated Fat	.....	.5 g
Trans Fat	.....	.0 g
<b>Cholesterol</b>	.....	.25 mg
<b>Sodium</b>	.....	.640 mg
<b>Carbohydrate</b>	.....	.44 g
Dietary Fiber	.....	.2 g
<b>Sugars</b>	.....	.5 g
<b>Protein</b>	.....	.19 g