

Low Fat Mac and Cheese



Recipe Courtesy Chef Bryan Woolley
Serves 6

1 package (3 cups) elbow macaroni
2 tbsp flour
1 cup fat free milk
1 cup grated low fat sharp cheddar cheese
½ cup fat free ricotta cheese
1/8 tsp freshly grated nutmeg
1 cup diced red bell peppers
Salt and freshly cracked pepper

1. Prepare macaroni as directed on package.
2. In a heavy bottomed saucepan add milk and flour. Whisk together.
3. Add cheeses and bring mixture to a boil, reduce heat and continue to stir until cheese has melted.
4. Add nutmeg; stir to combine.
5. Add diced bell peppers.
6. Drain and rinse off macaroni.
7. Return macaroni to pan and add cheese sauce.
8. Stir to coat macaroni completely
9. Serve at once. ENJOY!

Nutrition Facts

Serving Size – ½ cup
Calories 213
Total Fat 4g
Saturated Fat 2g
Cholesterol 12mg
Sodium 373mg
Carbohydrate 30g
Dietary Fiber 2g
Protein 14g

Diabetic Exchanges

Protein 2
Fat 1
Carbohydrate 2