



Rich and Creamy Mac and Cheese

Recipe Courtesy the American Heart Association

- 4 ounces dried elbow macaroni
- 4 slices low-fat American cheese, about 3/4 ounce each
- 1/3 cup fat-free milk
- 2 tablespoons light tub margarine
- 1 teaspoon prepared mustard
- 1/2 teaspoon Worcestershire sauce (lowest sodium available)
- 1/8 teaspoon salt
- 1/8 teaspoon red hot-pepper sauce

1. In a large saucepan, prepare the macaroni using the package directions, omitting the salt and oil. Drain well in a colander. Return to the pan.
2. Add the remaining ingredients, stirring until the cheese melts. Cook over medium heat for 8 to 10 minutes, or until slightly thickened, stirring frequently.
3. Remove from the heat. Let stand for 5 minutes to continue to thicken.

Nutrients per Serving

Serves 4; 1/2 cup per serving

Calories	173
Total Fat	3.5 g
Saturated Fat	0.5 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.5 g
Cholesterol	5 mg
Sodium	344 mg
Carbohydrates	24 g
Dietary Fiber	1 g
Sugars	3 g
Protein	9 g

Dietary Exchanges

- 1 1/2 starch
- 1 lean meat

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