

# Classic Macaroni & Cheese

by Arkansas SNAP-Ed Staff - June 28, 2021



This classic mac and cheese is sure to please any time of year! Sprinkle on a few diced fresh veggies just before serving for a pop of color and a little crunch.

Serves 8



**Ingredients**



**Directions**



**Nutritional Information**



- 2 cups macaroni
- 2 cups onions, chopped
- 2 cups evaporated fat-free milk
- 1 medium egg, beaten
- ¼ teaspoon black pepper
- 1¼ cups low-fat cheddar cheese, finely shredded

1. Cook macaroni according to directions. Drain and set aside.
2. Spray casserole dish with nonstick cooking spray.
3. Preheat oven to 350 degrees.
4. Lightly spray saucepan with nonstick cooking spray. Add onions to saucepan and sauté for about 3 minutes.
5. In another bowl, combine prepared macaroni, onions, and the rest of the ingredients and mix thoroughly.
6. Transfer mixture into casserole dish.
7. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Calories 200

Fat 4g

Protein 11g

Fiber 1g

Sodium 120mg

Carbohydrate 29g

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