

Skillet Mac and Cheese

This recipe is an excellent source of calcium, which keeps bones and teeth strong.

Ingredients:

- 2 cups **water**
- 1 1/2 cups **uncooked macaroni**
- 1 teaspoon **butter** or margarine
- 2 tablespoons **flour**
- 1/4 teaspoon **salt**
- 1/4 teaspoon **dry mustard**
- 1 1/4 cups **non-fat milk**
- 1 1/4 cups grated **cheddar cheese**

Directions:

1. In a non-stick skillet or pan bring the 2 cups of water to a boil.
2. Add the macaroni and butter. Stir a few times to prevent sticking.
3. Cover the pan and reduce heat to low. Simmer for 5 minutes.
4. Meanwhile, mix flour, salt and mustard in a small bowl. Stir in 1/4 cup of milk until there are no lumps, and add remaining milk. Set aside.
5. Take the lid off the skillet and cook macaroni until most of the water is gone.
6. Add the milk mixture and cheese and stir well.
7. Cook and stir until all the cheese melts and the sauce is bubbly and thick.
8. Refrigerate leftovers within 2-3 hours.

Tips:

- Add your favorite vegetable in step 4 to add variety and increase nutrition.

Nutrition Facts	
Serving Size 1 cup (276g)	
Servings Per Container 4	
Amount Per Serving	
Calories 340	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 420mg	18%
Total Carbohydrate 37g	12%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 17g	
Vitamin A 10%	• Vitamin C 0%
Calcium 35%	• Iron 10%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories 2,000 2,500</small>
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

4 servings, 1 cup each

Source: 2006. Tobi Page, OSU Extension Service, Portland.

For more recipes and other resources on eating well for less, visit the OSU web site at <http://healthyrecipes.oregonstate.edu> (hp2006)