

# Mac & Cheese Make Over

## Ingredients:

- 2 cups elbow macaroni
- 2 Tbsp butter
- 2 Tbsp flour
- 2 cups skim milk
- 1 ½ cups 2% shredded cheddar
- 1/3 cup grated Parmesan
- ¼ cup Greek yogurt
- Black pepper to taste



## Directions:

1. Cook the pasta according to package directions. Drain and reserve.
2. While the pasta cooks, melt the butter in a medium saucepan over medium heat. Stir in the flour and cook, stirring, for 1 minute.
3. Slowly add the milk, whisking to prevent lumps from forming.
4. Simmer the white sauce (béchamel) for 5 minutes, until it begins to thicken to the consistency of heavy cream.
5. Stir in cheeses, and cook until completely melted.
6. Cut the heat and stir in the yogurt. Add the pasta and toss to evenly coat.

## 1 cup of Kraft Macaroni and Cheese:

376 calories, 16g of fat, 669mg of sodium, 47g of carbohydrates, 9.7g of protein

### Nutrition Facts

Serving size: 1 cup

Servings: 6

Amount per serving

**Calories** **308**

% Daily Value\*

**Total Fat** 11.4g **15%**

Saturated Fat 6.7g **34%**

**Cholesterol** 35mg **12%**

**Sodium** 395mg **17%**

**Total Carbohydrate** 30.4g **11%**

Dietary Fiber 1g **3%**

Total Sugars 7.1g

**Protein** 21.2g