

Baked Macaroni and Cheese



Servings: 8 @ 5 Points, 7 Points Plus

Ingredients 12 oz uncooked macaroni, elbow-type

1/2 cup(s) fat-free sour cream

12 oz fat-free evaporated milk

8 oz low-fat cheddar or colby cheese, shredded

1 Tbsp Dijon mustard

1/4 tsp table salt

1/4 tsp black pepper

1/8 tsp ground nutmeg

2 Tbsp dried bread crumbs

2 Tbsp grated Parmesan cheese

Instructions Preheat oven to 350°F. Cook pasta according to package directions without added fat or salt; drain and transfer to a large bowl. While pasta is still hot, stir in sour cream; set aside. Heat milk in a small saucepan over medium heat until tiny bubbles appear just around the edges (known

as scalding). Reduce heat to low, add cheese and simmer until cheese melts, stirring constantly with a wire whisk, about 2 minutes; remove from heat and stir in mustard, salt, pepper and nutmeg. Add cheese mixture to pasta; mix well. Transfer to a 3-quart casserole dish. Combine bread crumbs and Parmesan cheese; sprinkle over pasta. Bake until top is golden, about 30 minutes. Yields about 1 cup per serving