Skillet Mac and Cheese

Serves 7

- ¼ cup light margarine
- 1 cup chopped onion
- 1 tablespoon all purpose flour
- 1 (8-ounce) package elbow macaroni, uncooked
- 3½ cups 1% milk
- 2 cups shredded low-fat cheddar cheese

1. Melt margarine in a large pan. Add chopped onions and cook until brown and tender.

2. Stir in flour. Add macaroni to pan. Stir. Add milk, cover and bring to a boil.

3. Lower heat and cook for 15 minutes or until macaroni is tender, stirring occasionally.

4. Add cheese to the mixture. Stir until cheese melts at a low heat. Do not boil. Serve while still warm.

Recipe from LSU Agcenter Community nutrition program

Nutrition information per 1 cup serving: calories 279, total fat 8g, saturated fat 3g, carbohydrate 35g, protein 17g, dietary fiber 1g, sodium 344 mg

“Macaroni and cheese is a comfort food from my childhood. I feel good making it from foods I have on hand. I change the pasta shapes each time I make it to keep it interesting to the kids.”

Healthy Tip

Add chopped tomatoes, salsa or diced tomatoes in the last 5 minutes of cooking to add some heart healthy lycopene! Eat with a salad or raw vegetables for a complete meal.