

## Mac and Cheese

### NUTRIENT ANALYSIS

Calories	183
Protein	18 g
Carbohydrate	27 g
Total Fat	trace
Saturated Fat	trace
Cholesterol	10 mg
Fiber	2 g
Sugars	0 g
Sodium	443 mg

Each serving counts as 1 low-fat dairy product, 1 starchy carbohydrate, and 1 nonstarchy vegetable.

Sure to please every member of your family, this is a lighter, healthier update of a family favorite, one that is just as rich and creamy as its traditional counterpart, but without the excess calories and saturated fat. It's made with whole-wheat pasta, a high-response, high-yield carbohydrate that, unlike white pasta, has not been stripped of its nutritional value. The artichoke hearts add not only fiber but also extra richness (make sure you select those packed in water, not in oil).

### 6 servings

Nonstick spray  
 2 cups fat-free milk  
 1 tablespoon whole-wheat flour  
 6 ounces shredded fat-free mozzarella cheese  
 1½ teaspoons onion powder  
 ½ teaspoon garlic powder  
 ½ teaspoon sweet paprika  
 ½ teaspoon salt  
 ¼ teaspoon grated nutmeg  
 ¼ teaspoon freshly ground black pepper  
 8 canned artichoke hearts, packed in water, drained, rinsed, and roughly chopped  
 3 cups cooked whole-wheat elbow macaroni

1. Preheat oven to 350°F. Spray a 1½ quart high-sided, round baking or soufflé dish with nonstick spray and set aside.
2. Heat the milk in a large saucepan set over medium-low heat. When small bubbles appear around the edge of the pan, whisk in the whole-wheat flour. Continue cooking and whisking until

thickened, about 20 seconds. Stir in cheese and cook, stirring, until it melts and the mixture is smooth.

3. Stir in the onion powder, garlic powder, paprika, salt, nutmeg, and pepper; then stir in the artichoke hearts and macaroni. Cook just until heated through, about 30 seconds.

4. Mound the mixture into the prepared baking dish and press down lightly to compact. Bake until bubbling and lightly browned, about 20 minutes. Let stand 5 minutes before serving.