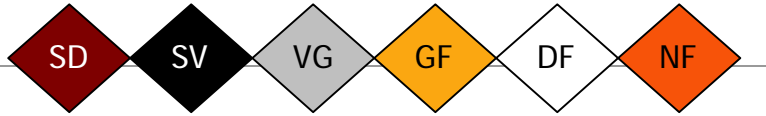


"Healthy Swaps" Mac & Cheese

(*see dietary notes)



Recipe by: Chef Kelly Yorke

Ingredients:

- 14 oz. Macaroni, whole wheat, uncooked, about 3-1/2 cups (or) DreamFields Lower Glycemic Elbow Pasta (good choice for diabetics)
- 1/2 cup Total Cereal, Whole grain, crushed
- 2 Tbsp. Quick cooking oats
- 2 Tbsp. Smart Balance Buttery Sticks, melted
- 1 Tbsp. Parmesan cheese, grated
- 1 cup Evaporated fat free milk
- 1 cup Cottage cheese, 2%
- 1 tsp. Worcestershire sauce
- 1/2 tsp. Dry Mustard powder
- 1/2 tsp. Garlic Powder
- 1/2 tsp. Onion Powder
- 3/4 cup Cheddar cheese, low fat, shredded
- 1/2 cup Part skim milk mozzarella cheese, shredded



Directions:

1. Preheat oven to 375 °F. Stir macaroni into boiling water and cook until it begins to soften and is somewhat undercooked - do not let pasta get mushy. Drain pasta in a colander and reserve.
2. In a food processor pulse the cereal until it is crushed into coarse crumbs. Pour crumbs into a small bowl and add the oats, melted butter sticks, and parmesan cheese, blend until well combined and crumbly, then set aside.
3. In a blender or food processor, combine the evaporated milk, cottage cheese, Worcestershire sauce, dry mustard, garlic powder and onion powder and blend until smooth. Pour the mixture into a large bowl. Fold in 1/2 cup of the shredded cheddar (reserve 1/4 cup for topping), the mozzarella cheese and the reserved drained pasta.
4. Portion pasta mixture evenly into six individual greased oven-proof casserole dishes. Sprinkle each ramekin with equal amounts of the remaining shredded cheddar cheese then sprinkle each with the reserved cereal crumb mixture.
5. Bake until heated through and golden brown on top, about 15 to 20 minutes.
6. Remove from oven and let dishes rest for 5 minutes before serving.

**Note: Mac & Cheese can be baked "family style" in one greased 10-inch round or oval casserole dish. Increase baking time to 35 to 40 minutes.*

YIELD: 6 Servings

*Dietary Notes:

- To make Vegan (SV), Vegetarian (VG) and Dairy-free (DF), omit evaporated milk and replace with 1 cup of coconut or almond milk. Omit cottage cheese and replace with 1 cup of Tofutti's "Better than cream cheese" product. Omit cheddar and Mozzarella cheese and replace with 1-1/4 cup shredded cheddar flavored soy cheese. Omit Smart Balance Buttery Sticks and replace with 2 Tablespoons of Earth Balance Vegan Margarine Sticks or 2 Tablespoons olive oil. Omit Parmesan cheese and replace with 1 Tablespoon Vegan Parmesan cheese substitute or 1 Tablespoon almond meal.
- To make gluten-free (GF), omit whole wheat macaroni and replace with 14 ounces of gluten-free macaroni or pasta. Omit Total cereal and replace with gluten free corn flakes. Use gluten free oats.

Per Serving (with whole wheat pasta) : 385 Calories, 60g Carbohydrates, 7g Fat, 25g Protein, 6g Dietary Fiber, 16mg Cholesterol, 405mg Sodium

Per Serving (with DreamFields Pasta): 380 Calories, 16g Carbohydrates, 7g Fat, 24g Protein, 6g Dietary Fiber, 16mg Cholesterol, 412mb Sodium