

## Mac & Cheese

### Ingredients

1 ½ cups elbow macaroni  
Nonstick cooking spray  
1 tablespoon olive oil  
1 tablespoon flour  
½ cup skim milk  
½ cup butternut squash or  
cauliflower puree  
1 ½ cup shredded reduced-fat  
cheddar cheese  
¼ cup nonfat cream cheese  
½ teaspoon salt  
1/8 teaspoon paprika  
1/8 teaspoon pepper



	<b>Per Serving</b>
<b>Calories</b>	<b>248</b>
<b>Protein</b>	<b>12 g</b>
<b>Fiber</b>	<b>2 g</b>
<b>Total Fat</b>	<b>14.5 g</b>
<b>Iron</b>	<b>0.5 mg</b>
<b>Calcium</b>	<b>280 mg</b>
<b>Vitamin A</b>	<b>277 mcg</b>

### Directions

Bring a large pot of salted water to a boil, add the macaroni, and cook according to package directions until soft. Drain in a colander. While the macaroni is cooking, coat a large saucepan with cooking spray and heat over medium heat. Add the oil, then the flour, and cook, stirring constantly, until the mixture resembles a thick paste but has not browned, 1 to 2 minutes. Add the milk and cook, stirring every now and then, until the mixture begins to thicken, 3 to 4 minutes. Add the vegetable puree, cheddar, cream cheese, and seasonings, and stir until the cheese is melted and the sauce is smooth. Stir in the macaroni and serve warm. Yield: 4 servings

Ideas: Try having a side dish of broccoli, green beans, or salad to have a colorful dish.

**Happy Halloween** 

**Healthy Eating Tip:** Try using whole-wheat pasta for a higher fiber option. This recipe is a great way to sneak in veggies.