



RECIPES

Lightened Up Mac and Cheese

INGREDIENTS:

Nonstick cooking spray
4 cups whole wheat penne pasta, dry
1 large Vidalia onion
9 garlic cloves
1 tsp dry mustard
Pinch of cayenne pepper
2 cups shredded 2% reduced fat cheddar cheese
2/3 cup non-fat plain Greek yogurt
½ cup whole wheat bread crumbs
½ cup parmesan cheese
Salt and freshly ground pepper

Makes 8 servings

INSTRUCTIONS:

1. Preheat oven to 425°F, mist 9x13 pan with cooking spray, set aside.
2. Roughly chop onion and garlic, add 1/2 cup water and place in microwave safe bowl. Cover with plastic wrap and microwave for 10 minutes. Season with ½ tsp freshly ground black pepper and place mixture into food processor, blend until smooth.
3. Bring large pot of salted water to a boil. Add pasta and cook according to package directions. Drain but save about 1 cup pasta water.
4. While pasta is cooking, bring onion-garlic puree, mustard, and cayenne to a simmer over medium heat, stirring often. Whisk in cheddar cheese until melted. Remove from heat and whisk in yogurt.
5. In medium bowl, toss pasta with cheese sauce. Add pasta water as needed to help sauce stick to pasta.
6. Pour mixture into baking dish, top with bread crumbs and parmesan cheese. Bake 10 min until hot throughout and enjoy!

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Adapted from: <https://www.fitnessmagazine.com/recipes/dinner/healthy-mac-n-cheese/>

