

LIGHTENED MACARONI AND CHEESE

TEXAS PERFORMANCE NUTRITION

Ingredients

- 2 cups skim milk
- 2 Tablespoons corn starch
- 8 oz reduced fat sharp cheddar cheese, shredded
- 16 oz medium sized shell macaroni (can use a wheat macaroni to increase nutritional value)

Directions

1. Boil water in a large pot
2. In a separate pot, combine skim milk and cornstarch (note, milk must be cold)
3. Add macaroni to boiling water and cook until done
4. Once cornstarch and milk are combined, heat on gentle heat continuously stirring until mixture thickens
5. Add cheddar cheese to the milk mixture stirring until completely blended
6. Combine cheese sauce and macaroni
7. Add salt and pepper as needed

Feeling fancy?? Get a truffle flavored oil and add 1 tsp oil to make it a truffle mac and cheese!

