

Baked Macaroni and Cheese



main meals

Was **POINTS**® Value: 9
Now **POINTS**® Value: 5
Servings: 8
Preparation Time: 18 min
Cooking Time: 40 min
Level of Difficulty: Easy

Our rich macaroni and cheese explodes with flavor for two-thirds of the dish's usual fat content.

Ingredients

12 oz uncooked macaroni, elbow-type
1/2 cup(s) fat-free sour cream
12 oz fat-free evaporated milk
8 oz low-fat cheddar or colby cheese, shredded
1 tbsp Dijon mustard
1/4 tsp table salt
1/4 tsp black pepper
1/8 tsp ground nutmeg
2 tbsp dried bread crumbs
2 tbsp grated Parmesan cheese

Instructions

Preheat oven to 350°F.

Cook pasta according to package directions without added fat or salt; drain and transfer to a large bowl. While pasta is still hot, stir in sour cream; set aside.

Heat milk in a small saucepan over medium heat until tiny bubbles appear just around the edges (known as scalding). Reduce heat to low, add cheese and simmer until cheese melts, stirring constantly with a wire whisk, about 2 minutes; remove from heat and stir in mustard, salt, pepper and nutmeg.

Add cheese mixture to pasta; mix well. Transfer to a 3-quart casserole dish.

Combine bread crumbs and Parmesan cheese; sprinkle over pasta.

Bake until top is golden, about 30 minutes. Yields about 1 cup per serving.

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