

# Easy Macaroni and Cheese



## main meals

**POINTS®** Value: 6

Servings: 6

Preparation Time: 5 min

Cooking Time: 10 min

Level of Difficulty: Easy

This quick, stovetop version of mac and cheese is destined to become a family favorite. It's creamy and satisfying — so easy to make.

## Ingredients

12 oz uncooked pasta, elbow macaroni or other small shape (about 3 cups)  
1/8 tsp table salt, for pasta cooking water  
2 cup(s) fat-free skim milk  
1/4 cup(s) all-purpose flour  
3/4 tsp table salt  
3/4 tsp onion powder  
1 cup(s) low-fat shredded cheddar cheese, sharp-variety  
1/8 tsp hot pepper sauce, or more to taste

## Instructions

Cook pasta in lightly salted boiling water according to package directions; drain and return to pot.

Meanwhile, while pasta cooks, in a large saucepan, whisk together milk, flour, salt and onion powder until blended.\* Bring to a boil over medium-high heat, whisking frequently; reduce heat to low and simmer, stirring often, until thickened, about 2 minutes. Remove pan from heat and whisk in cheese and hot sauce. Add sauce to pasta; toss to mix and coat. Yields about 1 cup per serving.

## Notes

\*Add red pepper flakes and freshly ground black pepper with the salt and onion powder, if desired.

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