

# Macaroni and Cheese



*Hands-On Prep* 15 MIN

*Cook* 45 MIN

*Serves* 8

1 Preheat the oven to 350°F. Spray 8 (1-cup) baking dishes with nonstick spray; place on a baking sheet.

2 Cook the macaroni according to package directions, omitting the salt if desired.

3 Meanwhile, melt 2 tablespoons of the butter in a large saucepan over medium heat. Add the onion and cook, stirring occasionally, until softened, about 5 minutes. Add the flour and cook, stirring constantly, about 1 minute. Gradually whisk in the milk. Increase the heat and cook, whisking constantly, until slightly thickened, 3–4 minutes. Whisk in the cheddar cheese, Parmesan cheese, salt, and pepper. Cook, whisking occasionally, until the cheeses melt, about 1 minute.

4 Remove the saucepan from the heat; stir in the macaroni and the tomatoes with their juice. Divide the mixture among the baking dishes. Melt the remaining 1 tablespoon of butter in a small nonstick skillet over medium heat. Add the bread crumbs and cook, stirring constantly, until they are evenly coated, about 1 minute. Sprinkle over the dishes and bake until bubbly and the tops are golden, about 25 minutes.

- ½ pound multigrain or whole-wheat elbow macaroni (about 2 cups)
- 3 tablespoons unsalted butter
- 1 small onion, chopped
- 2 tablespoons all-purpose flour
- 2 cups fat-free milk
- 2 cups shredded fat-free cheddar cheese
- ⅓ cup grated Parmesan cheese
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 (14½-ounce) can diced tomatoes with their juice
- ¼ cup plain dried bread crumbs

**PER SERVING** (about 1 cup): 246 Cal, 6 g Fat, 4 g Sat Fat, 0 g Trans Fat, 20 mg Chol, 606 mg Sod, 32 g Carb, 5 g Fib, 18 g Prot, 401 mg Calc.

**POINTS** value: 5.