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# Low-Fat Macaroni and Cheese

## Ingredients

- 3/4 cup(s) milk, fat-free evaporated
- 1 cup(s) cottage cheese, low-fat
- 1/2 cup(s) cheese, ricotta, low-fat
- 1/2 cup(s) cheese, cheddar, low-fat
- 1/2 teaspoon nutmeg, ground
- 1 dash(es) salt and black pepper, to taste
- 1 teaspoon cheese, Parmesan
- 1 tablespoon bread crumbs, fine, dry
- 1 pounds pasta, elbow macaroni, cooked

## Preparation

1. Preheat the oven to 350 degrees. Heat the milk in a saucepan over low heat. Add the cheeses until they melt, stirring constantly.
2. Stir in the nutmeg, pepper, and salt. Remove the cheese sauce from the heat. Add the cooked pasta to the cheese sauce and mix well.
3. Pour the mixture into a 2-quart casserole dish. Sprinkle with Parmesan cheese and bread crumbs. Bake the casserole for 15-20 minutes until bubbly and the top is browned.