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## ***Classic Macaroni and Cheese***

- 2 Cup macaroni
- 1/2 Cup onion, chopped
- 1/2 Cup fat-free evaporated milk
- 1 Medium egg, lightly beaten
- 1/4 Tsp ground black pepper
- 1 1/4 Cup (4 oz) low-fat sharp cheddar cheese, finely shredded
- Cooking spray

- 1) Cook macaroni according to package directions—but do not add salt to the cooking water. Drain and set aside.
- 2) Spray a casserole dish with nonstick cooking spray.
- 3) Preheat oven to 350 °F.
- 4) Lightly spray a saucepan with nonstick cooking spray. Add onion to saucepan and sauté for about minutes over medium heat.
- 5) In a bowl, combine macaroni, onion, and the remaining ingredients, and mix thoroughly.
- 6) Transfer mixture into casserole dish.
- 7) Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Makes 8 Servings