



## Quick and Easy Macaroni and Cheese

Makes 3 servings | Serving size: 2 cups

### Ingredients Needed:

- 1 (8 ounce) box elbow macaroni or other similar pasta
- 2 Tablespoons butter
- 2 Tablespoons flour
- 3/4 cup fat-free milk
- 2 cups grated cheese, a blend of cheddar and Monterey Jack or other cheeses (use part low-fat cheese)
- 1/8 teaspoon pepper
- 1/4 teaspoon salt

### Directions:

1. Cook macaroni according to package directions. Drain.
2. Melt butter in a medium saucepan over medium heat.
3. Add flour. Cook while stirring for 1 minute.
4. Add milk. Cook until thickened and smooth, stirring occasionally.
5. Reduce heat to low.
6. Add cheese. Cook until cheese melts, stirring constantly.
7. Add macaroni. Mix well.