
Creamy Mac-n-Cheese

Description

Every kid loves macaroni and cheese. Many adults do too. Rather than falling back on a pre-made boxed version, make your own and eat healthier too!

Total time: 45 min Yield: 6 Servings

Ingredients

1 lb dried pasta (Farfalle, Penne, or Elbow Macaroni) (whole wheat or regular)
1 cup non-fat cottage cheese (blended in food processor until smooth and creamy)
1/2 cup shredded sharp cheddar cheese (low fat if available)
1/4 cup grated parmesan cheese
1/2 cup Velveeta®
3/4 cup low fat milk
1 1/2 cup tomato (chopped)
1 cup mild Italian sausage (about two sausages; cooked and chopped)
1/2 tsp salt
1/2 cup panko flakes
1 Tbsp butter
cooking spray

Prep Time: 45 min Total Time: 45 min

Instructions

Pre-heat oven to 375° F. Prepare pasta using the package directions, drain and set aside. While the pasta is cooking you can prepare the cheesy sauce. Blend the cottage cheese in a food processor (if you don't have one you can mash the curds in a small bowl using a fork or potato masher, you're aiming for a smooth consistency). In a medium saucepan, heat the milk on medium heat until milk is steaming but not boiling. Add the shredded cheddar cheese, Velveeta® and salt, stirring until smooth and gently bubbling. Add tomato, sausage, creamy cottage cheese and cooked pasta, and fold everything together.

In a small frying pan, melt the butter and toast the panko flakes to a golden brown. Prepare an 8" x 8" glass baking dish with cooking spray. Then pour in the pasta mixture in an even layer. Top with Parmesan cheese and toasted panko. Bake for about 20 minutes.

Recipe brought to you by:

Chef Michi Holland

Source:

Chef Michi Watarai