

Macaroni & Cheese

Makes: 4 servings (serving is ½ cup)

Per serving: Calories 490, Protein 16gm, Sodium 575 mg, Potassium 275 mg, Phosphorus 425 mg

Ingredients

2 cups cooked macaroni
½ cup cheddar cheese, shredded
2 cups phosphate-free, non-dairy creamer
Pinch of parsley
1/4 cup cornstarch
1/4 cup margarine or butter
1/4 tsp. pepper
Dash of cayenne
Dash of paprika

Directions

1. Lightly grease casserole dish with vegetable oil.
2. Toss macaroni with the cheese and place in casserole dish.
3. Prepare sauce by melting margarine in a saucepan over low heat. Whisk in cornstarch. Stir until smooth and bubbling.
4. Gradually stir in non-dairy creamer.
5. Bring to boil; allow to boil one minute, stirring constantly.
6. Pour sauce over macaroni and cheese.
7. Sprinkle with parsley and paprika.
8. Cover and bake in 350°F oven for 20-25 minutes or until bubbly.
9. Uncover and bake 5 minutes longer.