

## 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.