

Jenny's Quick Mac & Cheese

Twenty minutes! Four ingredients! That's all it takes to make this creamy, delicious, low-fat mac & cheese. Use mild or sharp cheddar as long as it's reduced fat and for the best result, shred your own cheese. Be warned: It's creamy-good but just because it's low-fat doesn't mean you can eat it all in one sitting. I tried... bad idea. :-)

2 1/2 cups 1% milk
1/4 cup all purpose flour

12 oz. elbows or other pasta (about 4 cups)

8 oz. reduced fat cheddar cheese, which you shred or thinly slice
1/2 teaspoon salt
pepper to taste

1. Cook macaroni per package directions.
2. Whisk together the milk and flour and place in a large sauté pan. Bring to a boil and reduce heat to low.
3. Cook & stir about 10 minutes until thickened. Keep stirring as it can easily burn.
4. Remove pan from heat. Stir in cheese, salt & pepper. Do not cook the sauce once the cheese is added.
5. Add cooked & drained macaroni. Done.

Serves four to six