

Baked Mac & Cheese

Craving some cheesy goodness, but not all the fat?! Try this lighter Baked Macaroni and Cheese recipe for your next party or family dinner, and save those extra calories for dessert!

Ingredients:

- 10 ounce uncooked large elbow macaroni
 - 1/2 cup canola mayonnaise
 - 1 tablespoon all-purpose flour
 - 1 teaspoon dry mustard
 - 1 teaspoon garlic powder
 - 3/4 teaspoon kosher salt
 - 3/4 teaspoon black pepper
 - 1/2 teaspoon paprika
 - 1 large egg
 - 1 (12-ounce) can 2% evaporated milk
 - 6 ounces Colby-Jack cheese, shredded (about 1 1/2 cups)
 - 1 1/2 tablespoons canola oil
 - 1 tablespoon melted butter
 - 2/3 cup panko breadcrumbs
 - 1 tablespoon minced fresh parsley
- Cooking Spray

Directions:

1. Preheat oven to 350°.
2. Cook pasta according to package directions. Drain.
3. Combine mayo and next 7 ingredients (through egg) in a large bowl; stir with a whisk.
4. Gradually whisk in milk. Stir in cheese and pasta.
6. Spoon into an 11 x 7-inch baking dish coated with cooking spray.
7. Combine oil and butter in a medium bowl.
8. Add panko and parsley, toss and sprinkle over pasta mixture.
9. Bake at 350° for 30 minutes or until lightly browned.

Nutritional Information:

Calories	241	Carbohydrate	24 g
Fat	11.3 g	Fiber	1 g
Saturated fat	3.5 g	Cholesterol	37 mg
Monosaturated fat	3.1 g	Iron	1 mg
Polysaturated fat	1.7 g	Sodium	332 mg
Protein	10.0 g	Calcium	179 mg

Yields: 12 servings/ 2/3 cup per serving

Source: cookinglight.com