



One-Dish Macaroni and Cheese

Recipe Source: Set for Life by Jane Merrill and Karen Sunderland

Serves 6-8

Ingredients:

1TBSP butter
1 onion, chopped
2 cups uncooked whole grain short pasta
½ tsp salt
Dash of pepper
1/8 tsp oregano
½ tsp dry mustard
2 cups water
2 TBSP flour
1 12-ounce can evaporated low fat milk
½ cup finely shredded sharp cheddar cheese

Steps:

- In a non-stick pan, melt butter. Add onion, uncooked macaroni, salt, pepper, oregano and dry mustard. Cook on low, stirring occasionally for 5-7 minutes or until onion looks clear.
- Add water and bring to a boil. Cover and simmer on low for 8-10 minutes or until macaroni is tender.
- Sprinkle flour over macaroni. Stir to mix well. Stir in milk and cheese, adding additional milk if needed to thin to desired consistency. Heat through and serve.