Smoked Gouda Macaroni and Cheese

Recipe Source: www.cookinglight.com
Serves 4

Ingredients:

1 (1 oz) slice whole wheat bread
1 Tbsp olive oil
¼ cup thinly sliced green onions
2 garlic cloves, minced
2 Tbsp all-purpose flour
2 cups fat-free milk
½ tsp salt
¼ tsp black pepper
½ cup (2 oz) shredded smoked Gouda cheese
¼ cup (about 1 ½ oz) grated fresh Parmesan cheese
5 cups coarsely chopped fresh spinach
4 cups hot cooked whole grain elbow macaroni, rotini, or penne (about 2 cups uncooked)

Steps:

- Preheat oven to 350°F. Spray a 2-quart baking dish with cooking spray and set aside.
- Place bread in a food processor or blender and pulse 10 times, or until the texture is coarse crumbs.
- Put oil in a large saucepan over medium heat. Add onions and garlic and cook 1 minute. Add flour, stirring constantly for1 minute more.
- Gradually add milk, salt, and pepper, stirring constantly with a whisk until blended. Bring to a boil and cook until thick, about 2 minutes.
- Add cheeses, stir until melted. Add spinach and macaroni to cheese sauce, stirring until well blended.
- Spoon mixture into prepared baking dish. Sprinkle with breadcrumbs. Bake for 15 minutes or until bubbly.

Nutritional Facts (Per Serving): Calories: 384, Carbohydrates: 55 grams, Protein: 19 grams, Total Fat: 11 grams, Saturated Fat: 4 grams, Cholesterol: 23 mg, Sodium: 635 mg, Fiber: 8 grams, Sugars: 7 grams.