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Reduced Fat Down Home Macaroni & Cheese



Recipe Rating: ★★★★★

Prep Time: 10 min

Total Time: 30 min

Makes: 6



2 Tbsp. butter or margarine, divided

1/4 cup flour

1/4 tsp. salt

2 cups fat free milk

1/4 lb. (4 oz.) VELVEETA LIGHT Reduced Fat Pasteurized Prepared Cheese Product, cut up

1 pkg. (8 oz.) KRAFT FREE Shredded Non-Fat Cheddar Cheese, divided

2 cups (8 oz.) elbow macaroni, cooked, drained

2 Tbsp. seasoned dry bread crumbs

MELT 1 Tbsp. of the butter in large saucepan on low heat. Add flour and salt; mix well. Cook and stir 1 minute. Gradually add milk, stirring until well blended. Cook until thickened, stirring constantly. Add prepared cheese product and 1-1/2 cups of the cheddar cheese; cook until melted, stirring frequently. Add macaroni; mix lightly.

POUR into 1-1/2-quart casserole; sprinkle with remaining cheddar cheese. Melt remaining 1 Tbsp. butter; toss with bread crumbs. Sprinkle over casserole.

BAKE at 350°F for 20 minutes or until thoroughly heated.

KRAFT KITCHENS TIPS

Make-Ahead

Prepare recipe as directed except for baking; cover. Refrigerate several hours or overnight. When ready to serve, bake at 350°F for 30 minutes or until thoroughly heated.

NUTRITION INFORMATION

Nutrition Bonus:

This easy, made-from-scratch family favorite provides an excellent source of calcium. It has 50% less fat because it's made with lower fat cheeses.

Diet Exchange:

2-1/2 Starch, 2 Meat (L)

Nutrition (per serving)

Calories 320 **Total fat** 7g **Saturated fat** 2.5g **Cholesterol** 15mg **Sodium** 880mg
Carbohydrate 40g **Dietary fiber** 2g **Sugars** 7g **Protein** 24g **Vitamin A** 25%DV **Vitamin C** 0
 %DV **Calcium** 60%DV **Iron** 8%DV

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