

Macaroni and Cheese

Serves 6, 8 FSPoints per serving (about 1 cup)

- 2 Tbsp light butter with canola oil
- 2 Tbsp flour
- 1 tsp salt
- 1 tsp dry mustard
- 2 $\frac{1}{2}$ cups 1% milk
- 8 oz. Cabot 75% reduced fat cheddar cheese
- 4 cup COOKED elbow macaroni
- 3 Tbsp plain bread crumbs

1. Melt butter in a saucepan.
2. Add flour, salt and mustard, whisk well.
3. Slowly add milk. Heat, stirring constantly until mixture is smooth and thickens slightly.
4. Add all but $\frac{1}{4}$ cup of cheese. Stir until melted.
5. In a 2 quart greased casserole, combine macaroni and cheese sauce.
6. Mix well
7. Sprinkle with reserved cheese and breadcrumbs.
8. Bake at 375 for 20-25 minutes or until browned and bubbly.