

From Lisa's Kitchen: Mac & Cheese

Who doesn't love the cheesy comfort of macaroni & cheese? With some healthy tweaks, it's a dish that not only will kids love, but you'll feel good about serving.

Mac & Cheese

Serves 4

- 10 ounces Barilla Plus elbow pasta or whole wheat pasta
- 2 tablespoons extra virgin olive oil
- 1 egg
- 1 (12 ounce) can evaporated skim milk
- 12 ounces reduced fat sharp cheddar cheese
- 2 cups broccoli florets (frozen works well)

Cook pasta in a large pot of boiling salted water until al dente. Drain, return pasta to pot. Add olive oil and stir to coat.

Meanwhile, put broccoli florets in a microwave-safe container. Add enough water to cover the bottom of the container and top with a paper towel. Microwave until florets are just tender, about 3 minutes for frozen broccoli.

Whisk together eggs and evaporated skim milk. Add a few spoonfuls of the hot pasta and stir to adjust the egg mixture to the temperature. Pour all of the egg mixture into the pot of pasta and stir over low heat for 2 minutes. Add cheese and stir until cheese is melted and creamy, about 3 – 5 minutes. Stir in broccoli florets.