

Free sample recipe from The Sneaky Chef  
<http://www.thesneakychef.com>



### **LIGHT MAC N CHEESE**

This lighter version of my original Masterful Mac n Cheese replaces half the quantity of cheese with evaporated skim milk and White or Orange Puree. It has a satisfying and creamy texture, and kids prefer that it's made on the stovetop (like the boxed versions) rather than oven-baked.

Makes 4 servings

#### **White version:**

4 cups cooked elbows or other small pasta shape (about 1/2 pound dry)  
1 1/2 cups evaporated skim milk  
1/4 cup White Puree  
4 ounces reduced fat light colored cheese (like white cheddar)  
2 tablespoons Parmesan cheese  
1 tablespoon unsalted butter  
1/2 teaspoon mustard (ideally honey mustard; don't use spicy mustard)

Mix all together in pot over low heat, mix; add pasta, stir

#### **Yellow version:**

Same as above, substituting reduced fat yellow cheddar for white cheddar cheese, and adding 4 teaspoons of Orange Puree.

#### **Nutritional Information**

Serving size: 1 (233g); Calories: 404; Total Fat: 14.2g; Fiber: 7.0g; Total Carbohydrates: 51.0g; Sugars: 11.4g; Protein: 19.2g; Sodium: 347mg; Cholesterol: 43mg.  
Compared to traditional mac n cheese recipe: 32% less calories, 48% less fat, 49% less cholesterol, 59% less sodium, 20% less carbs, and 199% more fiber.

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