

## Mac and Cheese

By Sherene Sieben

Enjoy this yummy family meal on a cold winter day!

**Makes one pot of mac and cheese**

### What You Need:

2 cups macaroni  
2 cups water  
1 cup milk  
1 TBSP butter

### How You Prepare:

Place all ingredients in a pot and boil 15 min until tender.  
Add in 1 cup shredded cheese. You can also add ricotta cheese with the cheddar too.

Variations: To make this into a macaroni pie, complete above recipe, and then add in 2 eggs and 1 cup of milk. Pour into macaroni mixture. Next, pour into casserole dish and top with bread crumbs or soda cracker crumbs. Bake for 45 minutes til golden.

### Per Serving:

Calories: 360  
Carbohydrates: 43g  
Protein: 16g  
Fat: 14g



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*Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit [www.healthstandnutrition.com](http://www.healthstandnutrition.com). Twitter @chocoholicRD.*

