

Best Macaroni and Cheese

2 cups macaroni
2 cups skim milk
¼ cup flour
½ cup each shredded Fontina cheese and sharp cheddar cheese
1/3 cup grated Romano cheese
1 teaspoon Dijon mustard
½ teaspoon salt
¼ teaspoon paprika
Pinch of pepper
½ cup fresh bread crumbs
2 teaspoons margarine

1. Cook macaroni in a large pot of boiling water according to package directions. Drain in a colander. Rinse under running cold water until cool, let drain.
2. Meanwhile heat oven to 375 degrees. Lightly coat a shallow 2 quart baking dish with non stick cooking spray.
3. In a large saucepan, gradually whisk milk into flour until smooth. Stir over medium heat until simmering. Remove from heat, stir in cheeses, mustard, salt, paprika and pepper. When blended, stir in macaroni. Transfer to baking dish.
4. Mix crumbs and margarine, sprinkle over macaroni mixture.
5. Bake 30 minutes or until bubbly at edges and crumbs brown lightly.

Per serving: 312 calories, 15g protein, 37 g carbohydrates, 11 g fat, 32 mg cholesterol, 512 mg sodium. Exchanges: 2 1/3 starch, 1 high fat meat, ½ fat.