

Skillet Mac and Cheese

7

Ingredients:

1 cup **water**

3/4 cup **uncooked macaroni**

1/2 teaspoon **butter**

1 Tablespoon **flour**

1/8 teaspoon **salt**

1/8 teaspoon **dry mustard**

1/2 cup + 2 Tablespoons **nonfat or 1% milk**

1/2 cup + 2 Tablespoons **grated cheddar cheese**

Makes: 2 cups

Directions:

1. In a skillet bring water to boil.
2. Add macaroni and butter. Stir a few times to prevent sticking.
3. Cover the skillet and reduce the heat to low. Simmer for 5 minutes.
Do Not Drain the Water!
4. Mix the flour, salt and mustard in a small bowl. Add 1/4 cup of the milk and stir until smooth. Stir in the remaining milk. Set aside.
5. Take the lid off the skillet and cook the macaroni until most of the water is gone.
6. Stir in the milk mixture and cheese. Mix well. Cook and stir until all the cheese melts and the sauce is bubbly and thick. Remove from stove, turn stove off and let macaroni cool slightly before serving.

