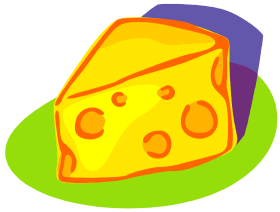


Low Carb and Reduced Fat Macaroni and Cheese



16oz box Dreamfields Elbow Pasta

1 Whole Egg

1 Egg White

½ cup butter (I can't believe it's not butter)

1- 13oz can of Fat-Free evaporated milk

1 block sharp cheddar cheese or 1 lb Shredded

1 block mild cheddar cheese or 1lb Shredded

Sea Salt and Fresh Ground Pepper to taste



Instructions:

Cook the macaroni according to package directions.

Cook about 1 minute less than the package directions.

While the pasta is cooking, cut cheese into small cubes.

Next, take the cooked macaroni, drain but do not rinse. Return the macaroni to pot. Add butter, evaporated milk, pre-scrambled eggs and cheese, to hot macaroni. Mix well, until butter and cheese melt. Add salt and pepper to taste. Pour into baking dish.

Cover the top with the remaining cheese (grated, sliced or cut into cubes) **Bake at 375 for 30-45 min**

Dreamfield's Pasta Brand can be purchased at Heinen's and most suburban area Giant Eagle stores.