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## MAC AND CHEESE IN A BREEZE!

### Ingredients:

Olive oil spray  
1 package of macaroni (whole wheat), cooked  
2 Tablespoons "Earth Balance" margarine (no hydrogenated oils)  
1 ½ Tablespoons organic all-purpose flour  
2 cups plain, unsweetened soy milk or nonfat milk  
Salt - pinch  
Freshly ground pepper - pinch  
Cayenne pepper – pinch (optional)  
½ cup grated mozzarella cheese (made with part-skim milk)  
½ cup grated sharp cheddar cheese (made with part-skim milk)

**Directions:** Preheat the oven to 375°F. Melt the margarine in a saucepan. Stir in the flour and cook over medium heat, stirring constantly, until the paste cooks and bubbles a bit (it will be a medium thickness), don't let it brown-about 2 minutes. Add the soymilk, continuing to stir as the sauce thickens. Bring to a boil. (Trick: If the sauce doesn't thicken, then in a cup make a mixture of a ½ tablespoon of flour and 2 tablespoons of cold water that is thin liquid, no bumps, then slowly add to your sauce until the sauce is just the thickness you want). Add salt, pepper, cayenne pepper to taste, and stir in grated mozzarella cheese, lower the heat, and cook, stirring, for 2 to 3 minutes more. Remove from the heat, stir in cooked macaroni (To cool this sauce for later use, cover it with wax paper).

Another option: Add a 6 ounce can of skinless, boneless, Wild Alaskan salmon for more protein. (Add just after mozzarella cheese).

Total servings: ~4

Nutrition Analysis **per serving:**

231 Calories, 20 grams Carbohydrates, 15 grams Protein, 9 grams Fat