

PASTORAL ACTION TEAM - JUNE 2007 - OLD FASHIONED MACARONI PIE

1 - eight ounce pkg. pasta (macaroni)
2 Tbs. butter (Olivio or Heart Smart spread)
2 cups sharp cheese, grated (low-fat, if desired)
1 Teasp. salt (optional)
Dash pepper
1 ½ teasp. dry mustard
3 eggs, beaten (egg beaters may be used)
2 cups milk (skim or 1% low-fat)

Cook pasta as package directs. I like to use broth and seasonings such as garlic and minced onions it adds a little zip, but beware if serving children-they might not like this added flavor, drain. Stir in butter and cheese, saving about one half cup cheese for top of pie. Add salt, pepper and mustard. Mix in beaten eggs, then add milk, mixing well. Put in greased baking dish. Sprinkle cheese over top and dot with butter. Bake in 350 degree oven until cheese browns lightly-about 40 minutes. Serves 6.

This is a lower fat version of an old favorite if you use the ingredients in the (), but it still tastes rich and yummy and may stop those "fat cravings".