

Salsa Mac with Colby Jack

From the National Dairy Council

<http://www.nationaldairycouncil.org/Recipes/Pages/Salsa-Mac-with-Colby-Jack.aspx>

Ingredients

- 1 cup uncooked elbow macaroni
- 1 medium tomato
- ½ medium green bell pepper
- ½ small onion
- 1 Tbs. butter
- 1 Tbs. all-purpose flour
- Fresh ground black pepper
- 1 ¼ cups 1% low-fat milk
- 8 oz. low-fat Colby Jack cheese, shredded

Instructions

1. Cook macaroni according to package directions.
2. Meanwhile, dice tomato, green pepper, and onion.
3. Drain macaroni and add tomato and green pepper. Reserve.
4. Preheat oven to 350 degrees.
5. In medium saucepan, sauté diced onion in butter until translucent. Stir in flour and black pepper. Add milk and cook until slightly thickened and bubbly.
6. Add cheese and stir until melted.
7. Add macaroni/vegetable mixture and coat evenly.
8. Transfer to 9-inch pie plate. Bake for 25-30 minutes or until bubbly.
9. Cool for 10 minutes before serving.

Makes 6 servings

Nutrition information per serving:

Calories	182
Carbohydrate	19 g
Protein	14 g
Total Fat	6 g
Saturated Fat	4 g
Sodium	285 mg
Calcium	20% Daily Value

