

# SNACK | COOK | MELT

with

## CABOT LIGHT CHEDDAR CHEESES

### LIGHT MAC & CHEESE CUPS

*Makes about 8 servings*

#### Ingredients:

- 2 cups small dry elbow macaroni
- Cooking spray
- 3 tablespoons King Arthur Unbleached All-Purpose Flour
- 2 cups lowfat (1%) milk
- 1/4 teaspoon dry mustard
- 1/4 teaspoon garlic powder (optional)
- 1/4 teaspoon salt
- Freshly ground black pepper, to taste
- Pinch of ground red pepper (cayenne)
- Dash of Worcestershire sauce
- 2 ounces Neufchâtel reduced fat cream cheese
- 8 ounces Cabot Sharp Light Cheddar, grated & divided (about 2 cups)
- 1/3 cup Italian-flavored or plain dry breadcrumbs

#### Directions:

1. Cook macaroni according to package directions; drain well.
2. Preheat oven to 350°F. Spray 8 muffin cups with cooking spray and set aside.
3. Place flour in a large saucepan over medium heat, gradually whisking in milk. Add mustard, garlic powder, salt, black pepper, red pepper and Worcestershire. Continue cooking until sauce thickens, stirring constantly.
4. Reduce heat to low. Stir in cream cheese until well blended; add 2/3 of grated cheese and stir until melted. Add macaroni, stirring until well coated. Divide evenly among prepared muffins cups.
5. Toss remaining cheese with breadcrumbs and sprinkle over top of macaroni; spray with cooking spray. Bake for 20 minutes, or until golden on top and bubbling throughout.



CABOTCHEESE.COOP