

---

# Creamy Mac-n-Cheese

## Description

Every kid loves macaroni and cheese. Many adults do too. Rather than falling back on a pre-made boxed version, make your own and eat healthier too!

Total time: 45 min   Yield: 6 Servings

## Ingredients

1 lb dried pasta (Farfalle, Penne, or Elbow Macaroni) (whole wheat or regular)  
1 cup non-fat cottage cheese (blended in food processor until smooth and creamy)  
1/2 cup shredded sharp cheddar cheese (low fat if available)  
1/4 cup grated parmesan cheese  
1/2 cup Velveeta®  
3/4 cup low fat milk  
1 1/2 cup tomato (chopped)  
1 cup mild Italian sausage (about two sausages; cooked and chopped)  
1/2 tsp salt  
1/2 cup panko flakes  
1 Tbsp butter  
cooking spray

Prep Time: 45 min   Total Time: 45 min

## Instructions

Pre-heat oven to 375° F. Prepare pasta using the package directions, drain and set aside. While the pasta is cooking you can prepare the cheesy sauce. Blend the cottage cheese in a food processor (if you don't have one you can mash the curds in a small bowl using a fork or potato masher, you're aiming for a smooth consistency). In a medium saucepan, heat the milk on medium heat until milk is steaming but not boiling. Add the shredded cheddar cheese, Velveeta® and salt, stirring until smooth and gently bubbling. Add tomato, sausage, creamy cottage cheese and cooked pasta, and fold everything together.

In a small frying pan, melt the butter and toast the panko flakes to a golden brown. Prepare an 8" x 8" glass baking dish with cooking spray. Then pour in the pasta mixture in an even layer. Top with Parmesan cheese and toasted panko. Bake for about 20 minutes.

## Recipe brought to you by:

Chef Michi Holland

---

**Source:**

Chef Michi Watarai