

Creamy Macaroni and Cheese

16 oz. large pasta shells
2 cups fat-free cheddar cheese, shredded
3 oz. fat-free sharp cheese, cut into small pieces
12 oz. can lite evaporated skim milk
1/2 tsp. salt (optional)

Boil and drain pasta as directed on box. In same pan, add both cheeses and evaporated milk; cook over low heat. Add salt. Stir in pasta shells. Serve warm, immediately. Makes 6 servings.

Nutrition information per serving: calories 23; protein 27 grams; fat 2 grams; sodium 731 mg