

## **MACARONI AND CHEESE**

Modified from a Weight Watchers recipe

### **Ingredients**

16 oz uncooked small pasta

2 1/2 cup fat free milk

1/3 cup flour

1 tsp salt

1 tsp onion powder

8 oz fat free ricotta cheese

1 1/2 cup low fat shredded cheddar cheese

1 cup blanched broccoli florets

1/3 tsp hot pepper sauce

1/2 cup prepared salsa

### **Directions**

Cook pasta in salted boiling water according to package instructions, drain & return to pot. While pasta cooks, whisk together milk, salt, onion powder & flour in lg. saucepan until blended. Bring to bowl over med. low heat, whisking frequently; reduce heat to low, stir often until thickened, about 2 min. Remove pan from heat and mix in cheeses and hot sauce. Add sauce to pasta and broccoli in new disposable pan. Top with prepared salsa and warm in oven 20 min. 1 Cup = 6 Watcher points