

Baked Macaroni Cheese & Spinach

written by The Recipe Exchange | January 4, 2015

Ingredients

15 oz. tub low-fat ricotta cheese
1 1/4 cups skim milk
1/2 cup egg substitute OR 2 eggs – beaten
2 tsp. prepared brown mustard
1 1/2 tsp. hot sauce
1 tsp. salt
1/4 tsp. black pepper
1 lb. bag elbow macaroni – prepared as directed
2 cups shredded low-fat cheddar cheese
2 packed cups torn fresh spinach
1/4 cup grated Parmesan cheese – low-fat okay
1/4 cup dry bread crumbs
1 tsp. paprika

Directions

Spray a 13" X 9" X 2" or 3 quart baking dish with non-stick cooking spray.

In a food processor or blender, mix ricotta, milk, egg substitute, mustard, hot sauce, salt, and pepper. Process until smooth.

In a saucepan over low heat, stir together cooked macaroni, cheddar, and spinach until cheese melts and spinach wilts.

Stir ricotta mixture into macaroni mixture, then scrape into prepared baking dish.

In a small bowl, combine Parmesan cheese, bread crumbs, and paprika. Sprinkle evenly over macaroni and cheese.

Bake in a 375 degree oven for 25 minutes.