

Macaroni and Cheese with Ham

1 pound small pasta, such as elbow macaroni
2 tablespoons butter
1 small onion, diced
1/4 cup all-purpose flour
4 cups skim milk
1/8 teaspoon cayenne pepper
1/8 teaspoon nutmeg
1/8 teaspoon salt
1/8 teaspoon pepper
8 ounces sharp cheddar cheese, shredded
8 ounces ham, diced into 1/2 pieces
1/2 cup Parmesan cheese, shredded

In a large pot of boiling water, cook pasta until al dente; drain and set aside.

Meanwhile, in a heavy pot or skillet, melt butter over medium heat. Add onion; cook, stirring occasionally, until softened, 3-5 minutes. Whisk in flour to coat onion. In a slow steady stream, whisk in milk until there are no lumps.

Cook, whisking often, until mixture is thick and bubbly and coats the back of a wooden spoon, about 6 to 8 minutes. Stir in cayenne, nutmeg, salt, pepper and cheese. Toss pasta with cheese mixture and fold in ham. Serve.

Serves 8

Calories: 469; Fat 16g; Protein: 27g; Carbohydrate: 53g; Fiber: 2g; 634mg Sodium; 25% Calcium; 16% Iron