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## greek yogurt macaroni and cheese

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Servings  
8 servings

Prep Time  
30 minutes

Cook Time  
15 minutes

Kosher Key  
Dairy

### Description

Lightened-Up Comfort Food! Healthier Vegetarian Mac and Cheese Recipe with a Smoky, Crispy Breadcrumb Topping.

### Ingredients

- 1 lb elbow macaroni
- 2 tbsp unsalted butter
- 2 tbsp flour
- 1 1/4 tsp salt if salt sensitive use less and salt to taste after cooking
- 1/4 tsp black pepper
- 2 cups lowfat milk
- 1 1/2 cups shredded sharp cheddar cheese
- 3/4 cup Greek yogurt nonfat or lowfat
- 2 tbsp breadcrumbs
- 1/8 tsp smoked paprika

### Recipe Notes

You will also need: Large pot, colander, 2 qt gratin dish or 8x8 baking dish

### Instructions

1. Preheat oven to 450 degrees F. Bring a large pot of salted water to a boil. Stir in the elbow macaroni. Boil until just tender (don't overcook it). Drain the pasta in a colander and spray cool water over it to keep it from sticking together.
2. In a large pot, melt butter over medium heat. Whisk in the flour, salt, and black pepper. Stir to form a thick paste.

3. Slowly whisk in the milk, ¼ cup at a time. Heat the milk mixture over medium heat for a few minutes, whisking frequently, until it thickens and begins to bubble around the edges. Do not let the sauce boil.
4. Whisk in grated cheddar cheese. Stir until cheese is melted and a thick sauce forms. Stir in the Greek yogurt until smooth. Stir the cooked macaroni into the sauce, making sure all the pasta is evenly coated by sauce.
5. Pour macaroni with cheese sauce into a greased 2 qt gratin or 8x8 baking dish, spreading out into an even layer and scraping all remaining sauce from the pot over the top of the pasta.
6. Mix together the breadcrumbs and smoked paprika and evenly sprinkle over the top of the pasta. Place in the oven and bake at 450 degrees F for 15 minutes until the top and breadcrumbs are golden brown to your liking.
7. Serve hot. For a spicy twist, substitute cayenne pepper for black pepper.

## Nutrition Facts

Greek Yogurt Macaroni and Cheese

### Amount Per Serving

**Calories** 378                      Calories from Fat 108

### % Daily Value\*

<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 7g	<b>35%</b>
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 551mg	<b>23%</b>
<b>Potassium</b> 261mg	<b>7%</b>
<b>Total Carbohydrates</b> 49g	<b>16%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 5g	
<b>Protein</b> 17g	<b>34%</b>
Vitamin A	7.5%
Vitamin C	0.1%
Calcium	26.1%
Iron	6%

\* Percent Daily Values are based on a 2000 calorie diet.