



## Skinny Easy Mac & Cheesy

### Ingredients

½ Lb. Whole Wheat Noodles  
12 Thin Slices of Sharp Cheddar Cheese  
3 oz. Plain Greek Yogurt  
2 Tbsp Fat Free Cream of Mushroom Soup  
8 Oz. Fat Free Evaporated Milk  
3 Egg Whites (Wisked)  
1 Tsp. Salt  
1 Tsp. Pepper  
½ Tsp. Nutmeg  
Grated parmesan cheese

- Preheat oven to 400 degrees
- Spray a 6" baking pan
- Boil noodles strain and toss with soup, spices, eggs and yogurt (let cool)
- Layer pan with half of the noodle mixture, then six slices of cheese
- Repeat the layer and pour milk over the contents
- Bake for 25 minutes, covered with foil
- Remove foil and bake for 5 minutes or until top is browned
- Top with black pepper and grated parmesan cheese

