

# Spinach Artichoke Mac and Cheese



2 cloves garlic, minced  
1 (6 oz.) bag fresh baby spinach  
1 Tablespoon trans-fat-free margarine  
1 1/2 Tablespoon flour  
1 1/2 cups non-fat milk  
1/4 teaspoon salt  
1/2 teaspoon white pepper  
1/2 teaspoon cayenne pepper

1/4 cup grated Parmesan cheese  
3/4 cup reduced-fat Colby and Monterey  
Jack cheese  
1 (7.5 oz.) can artichoke hearts, drained and  
halved  
8 oz. whole grain medium shells  
1/4 cup panko bread crumbs

Instructions: Cook macaroni shells according to package directions, omitting salt. Spray a large skillet with non-stick cooking spray; add garlic and spinach. Cook until spinach is wilted; remove from skillet and set aside. In the same skillet, add margarine. When melted, sprinkle with flour; whisk to combine. Add milk and continuously whisk until it just begins to thicken. Add salt, pepper, cayenne, and cheeses. Stir to melt. Add artichokes and cooked pasta. Fold in spinach and top with bread crumbs.

Yield: 4 servings

*Nutritional analysis per serving: 320 calories, 7 grams of fat, 690 milligrams sodium, 52 grams carbohydrate, 7 grams fiber, 17 grams protein*