

Mom's Mac & Cheese

By Robert Ferguson

There are countless mac and cheese recipes out there, but this one is my favorite—it's my mom's recipe, and it features Velveeta. I know some people might hesitate because Velveeta isn't considered "real" cheese. However, before you dismiss it, scroll down to learn what Velveeta actually is—you might be surprised!

And here's a quick tip: mac and cheese counts as a fast carb portion when building a fat-burning meal!

INGREDIENTS:

- 1 box macaroni elbows (1 lb. (16 oz))
- ½ block Velveeta* Original (1 lb.)
- 1 stick of butter (4 oz)
- ¾ cup of milk (your preference)
- Salt and pepper to taste

METHOD:

Make your macaroni elbows in large pot (follow instructions on box). Once made, rinse thoroughly and put the macaroni elbows back in large pot. Then, set your pot on stove over low heat, and add stick of butter (mix well). Add milk and continue to mix over low heat. Cut Velveeta in slices, mix into pot with other ingredients. Continue to mix until butter and Velveeta is melted, and then place all ingredients into a 9x11 Oblong Baking Dish (preferably glass) and cover with aluminum foil. Set oven to 350 degrees for 45-60 minutes or until brown.

SERVES: 15

Approximate nutritional analysis per serving: 241.5 calories, 8.5 grams protein, 25.7 grams carbohydrates, 11.3 grams fat, and 0 grams fiber.

***Velveeta cheese** is made with whey and milk protein concentrate, milk, fat and preservatives. Despite the fact that **Velveeta** is not a true cheese, it's a **good** source of CLA, containing more than most whole milk cheddar cheeses. It's also a **good** source of calcium.

Today, Velveeta cheese is made with whey and milk protein concentrate, milk, fat and preservatives. Next time you see it at the grocery store, look closely at the packaging and you'll see: "Pasteurized Prepared Cheese Product." Even though **Velveeta** is not a true cheese, it's a **good** source of CLA, containing more than most whole milk cheddar cheeses. It's also a **good** source of calcium.

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