

LITE LOBSTER MAC AND CHEESE



Thompson
DeLight

Recipes under 450 calories

Ingredients

Servings: 6

- Water for boiling
- Salt
- 2 cups whole-wheat pasta shells
- 1 1/2 tablespoons light butter
- 2 tablespoons wheat flour
- One 15-ounce can fire-roasted tomatoes, diced
- 1 1/2 cups reduced-fat, shredded cheddar cheese
- 1/2 cup reduced-fat Parmesan cheese
- 1/2 teaspoon mustard powder
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1/2 cup skim milk
- 3/4 pound cooked lobster meat, cut into chunks
- Bring a stock pan of water and salt to a boil and cook the pasta. Drain and set aside.
- Melt the butter in a large nonstick skillet over medium-high heat. Add the flour and cook; using a whisk, stir constantly to make a roux. Stir until golden brown for 1 to 2 minutes.
- Add the tomatoes and continue to stir constantly. Cook for 2 to 3 minutes until the tomatoes become bubbly and start to thicken.
- Add the cheddar cheese, Parmesan cheese, mustard powder, cayenne pepper, salt, black pepper and milk.
- Stir constantly until the cheese is melted and the sauce is smooth, 2 to 3 minutes.
- Add the cooked shells and lobster chunks and stir to cover evenly. Cook and continue to stir for 2 to 3 minutes until heated through. Serve immediately.

