



## Heart-Healthy Mac N Cheese

shared by:  
Fire Station 51  
8935 SW Burnham Street, Tigard



### Ingredients

1 package (14.5 ounces) whole-wheat elbow macaroni  
1 1/2 cups fat-free cottage cheese  
2 tablespoons canola oil  
1/2 cup flour  
1/2 teaspoon ground black pepper  
1/4 teaspoon garlic powder  
2 cups skim milk  
2 cups reduced-fat sharp cheddar cheese, shredded  
2 cups cherry tomatoes, cut in half  
Fresh parsley for garnish (optional)

### Directions

Cook macaroni according to package directions. Meanwhile, blend cottage cheese in a food processor or blender until smooth. Set aside.

In a large saucepan over medium heat, combine oil, flour, pepper and garlic powder. Stir until mixed. Gradually stir in the milk and bring to a boil. Cook for 2 minutes or until thickened and smooth. Add cottage cheese and cheddar cheese, stirring until melted.

Spray a 2-quart casserole dish with cooking spray. After the macaroni has been cooked and drained, place it in the prepared dish. Pour the cheese mixture over the macaroni and mix until blended. Bake at 350 F for about 30 minutes, or until heated through. Top with tomatoes just before serving.

Station 51 is home to our Technical Rescue Team. The Technical Rescue Team is comprised of eight firefighters per shift who are highly-trained in extensive rescue operations (e.g., confined space, rope rescue, vehicle extrication, entrapment, structural collapse, etc.). While Station 51's immediate response area includes single and multi-family dwellings, industrial, and commercial structures in the Tigard area, because they are a specialty team, they respond to emergency incidents throughout TVF&R's 210 square mile service area.