

Macaroni and Cheese with Tomatoes



Ingredients

2 3/4 cups whole wheat or whole grain macaroni (less if you like really cheesy mac and cheese)
1 tbsp olive oil
3/4 cup chopped onion
1 10 oz can of low sodium cream of mushroom soup
2/3 cup milk
2 cups grated cheddar cheese
1 28 oz can diced tomatoes (low sodium)

For the Topping:

2 tbsp butter
1/2 cup dry bread crumbs 1/4 cup grated cheddar cheese

Directions

Preheat oven to 350 degrees F.

Cook the macaroni in boiling water until tender. Drain and set aside.

In a large pot, cook onions in olive oil until soft.

Add in soup, milk, cheese and salt and pepper to taste. (I don't use any salt and pepper but I know most people do) Stir together until cheese is melted.

Stir in macaroni, then add canned diced tomatoes. Be sure to check every can in the store to find one with very little sodium.

Spray casserole dish with non-stick spray and pour macaroni and cheese mixture into casserole dish.

To make the topping, melt the butter in a small saucepan.

Remove from heat. Mix in breadcrumbs. Mix well and then mix in the shredded cheese.

Spread the topping over the macaroni and cheese. Bake uncovered at 350 degrees F for 30 minutes.

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