

*Buffalo
Mac & Cheese*

Wichita, KS

Buffalo Mac & Cheese

Prep Time: 5 Min Total Time: 1 hr Serves: 5

Ingredients

2 ½ cups whole-grain elbow macaroni
3 tablespoons margarine
¼ cup flour
1 cup nonfat milk
8 ounces reduced-fat cheddar cheese sauce
¼ cup Buffalo sauce
10 ounces pre-cooked, diced chicken
¼ cup bread crumbs
2 ½ ounces blue cheese crumbles
Cooking spray

Preparation

- 1** Preheat oven to 350° F. Cook macaroni according to package directions. Drain and set aside.
- 2** Melt margarine in medium saucepan over medium heat. Whisk in flour, then cook for 2 minutes, stirring constantly. Gradually stir in milk and bring to a boil. Continue stirring and cook for 3 to 5 minutes or until thickened.
- 3** Add cheese sauce; cook for 3 minutes or until melted, stirring frequently. Stir in macaroni.
- 4** Toss chicken in Buffalo sauce then add to macaroni and cheese.
- 5** Lightly coat a 2-quart casserole dish with cooking spray. Spoon mixture into dish. Top with breadcrumbs and blue cheese.
- 6** Bake for 20 minutes or until heated through. Serve and enjoy!