

**RECIPE FILE**

*New low-fat variety*

# Try 'new-fashioned' macaroni and cheese — you'll be surprised!

If you think that you've said good-bye to your traditional favourite meals in your effort to reduce dietary fat, think again. New-Fashioned Mac 'N' Cheese is lower in fat than standard macaroni and cheese recipes, but it is still very rich and creamy.

The creamy goodness of instant skim milk powder and lower fat ricotta cheese have been substituted for whole fat milk and some of the cheddar.

It is also designed to be faster than ever to make, so try some tonight and satisfy your cravings for mom's home cooking — guilt free!

**New-Fashioned Mac 'N' Cheese**

- 3 1/2 cups (875 ml) water;
- 1/4 cup (50 ml) chopped onion;
- 1 clove garlic, minced;
- 1/4 tsp (1 ml) salt;
- 2 cups (500 ml) uncooked corkscrew, rotini or macaroni pasta;
- 2 tsp (10 ml) dijon mustard;
- Dash hot pepper sauce;

- 1 cup (250 ml) instant skim milk powder;
- 1 cup (250 ml) shredded "old" cheddar cheese;
- 1/2 cup (125 ml) ricotta cheese;
- salt and pepper;

**Directions:** In large saucepan, combine water, onion, garlic and salt. Bring to boil, add pasta. Cook 8 to 12 minutes until pasta is tender. Remove from heat. Do not drain. Stir in mustard and hot pepper sauce. Stir in skim milk powder, cheddar and ricotta.

Cook and stir over low heat until cheese has just melted. Season with salt and pepper to taste. Makes about four 1 cup (250 ml) servings.

**Italian Style Mac 'N' Cheese**

**Directions:** Stir 1/2 cup (125 ml) spaghetti sauce into prepared New-Fashioned Mac 'N' Cheese and heat through. Serve topped with grated Parmesan cheese, if desired.

Per serving approximately: 490 calories, 23 g protein, 14 g fat, 68 g carbohydrate.

Preparation time: 10 minutes.

Cooking time: 15 minutes.



New-Fashioned Mac 'N' Cheese is a delicious, guilt-free meal. It's lower in fat than standard macaroni and cheese recipes, but it is still very rich and creamy.

**THE ONTARIO JUNIOR CITIZEN OF THE YEAR AWARD**



**PICK A KID WHO MAKES A MEASURABLE DIFFERENCE IN YOUR COMMUNITY**  
CALL THIS NEWSPAPER TODAY OR DIAL (416) 844-0184.

A JOINT PROJECT SPONSORED BY ONTARIO COMMUNITY NEWSPAPERS ASSOCIATION AND CANADIAN AIRLINES INTERNATIONAL

**GEORGETOWN CINEMAS**  
235 GUELPH STREET - 873-1999

1. Beethoven	PG
Eves. at 7:00 p.m.	
1. The Babe	PG
Eves. at 9:15 p.m.	
2. SLEEPWALKERS	R
Eves. at 8:30 p.m.	
3. FOLKS	PG
Starring Tom Selleck	
Eves. 7:00 & 9:15 pm	
<b>Matinees Sat. &amp; Sun. 2 p.m.</b>	
1. Beethoven 2. Fern Gully	
3. Folks	

**CANADIAN TIRE CORPORATION**

**SPRING AND SUMMER CATALOGUE CORRECTION NOTICE**

- Page 200. - Product #37 - 4414 4 Portable Rechargeable Power Pack  
Copy reads: With AC cord  
Should read: With DC cord
- Page 208. - Product #25 - 1016-0 4 Piece Test And Tune Up Kit  
Copy reads: 7-Function Analyzer  
Should read: 6-Function Analyzer
- Page 235. - Product #05 - 2135 8 AH Radial Tire  
Copy reads: \$54.99 each  
Should read: \$59.99 each
- Page 4. - Product #45 - 2064-0 8-Head Remote Control VCR (GE)  
Copy reads: Reg. \$269.99 save \$50.00  
Should read: Reg. \$249.99 save \$30.00
- Page 2. - Product #60 - 6049 010 x6 Gable Style Storage Shed  
Copy reads: Reg. \$369.99 Sale \$319.99 Save \$50.00  
Should read: Reg. \$349.99 Sale \$299.99 Save \$50.00

**CORRECTION NOTICE**

The phone number that ran in the 1992 telephone book for the Incredible Wing Ding was incorrect. It should have read 876-1414.

**Attention Oakville & Milton Residents Between the Ages of 16 - 21...**

**SPEND A WEEK IN WEST LAVAL**  
*Courtesy of*  
**AIR CANADA!**



**125 Oakville/Milton residents will be selected to participate in the VOYAGEUR '92 Exchange Program.** Between June and November, in exchange for billeting a young person from West Laval, they will fly and stay, at no expense, in West Laval, Quebec for a week!  
**APPLY TODAY, AND BE ONE OF THE LUCKY 125!**

LOCAL MEDIA

The Canadian Champion

**Voyageurs**  
  
**For Group or Individual Information regarding applications, call**  
**844-4333**  
APPLICATIONS MUST BE RETURNED BY **MAY 8TH**  
CANADA 92