

Mac & Cheese Bites with Feta and Kale

1 tablespoon butter	4 cups vegetable or whole wheat macaroni, cooked
1 tablespoon white flour	
1 garlic clove, minced	10 ounces kale, chopped
1 cup skim milk	Salt and pepper, to taste
3 ounces shredded mozzarella cheese	8 ounces crumbled feta cheese
1 egg	
1 egg white	



(Fold along the line)

1. Preheat oven to 400°F.
2. In a saucepan over medium-low heat, melt butter, and whisk in flour until it is fully incorporated. Stir in the garlic and milk, and raise the temperature to bring the mixture to just under a boil. Whisk in mozzarella to make a cheese sauce, and stir until cheese melts. Remove from heat, and stir in the egg and egg white.
3. In a large bowl, combine pasta and kale with the cheese sauce, and mix well. Salt and pepper to taste, and gently fold in feta cheese crumbles.
4. Lightly mist muffin tins with cooking spray, and spoon the mac and cheese mixture evenly into the tins. Bake for 10-15 minutes, until the tops begin to brown.
5. Remove from the oven, and allow the macaroni cups to cool for at least 5 minutes before removing from the tin. Serve warm.

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