

## Baked Tomato & Cheese Casserole

### INGREDIENTS:

2 C elbow macaroni  
1 C reduced fat cheddar shredded  
1 C parmesan cheese  
4 T seasoned, dry bread crumbs  
1 T chopped basil  
1 T Smart Balance Spread  
1 T olive oil  
1 shallot, finely chopped  
2 garlic cloves, crushed  
1 lb canned chopped tomatoes  
1 T chopped basil

### DIRECTIONS:

Preheat oven to 375 degrees F. To make tomato sauce, heat the oil in a saucepan and sauté shallots and garlic for 1 minute. Add tomatoes, basil, and cook over medium heat, stirring, for 10 minutes. Meanwhile cook the macaroni in a pan of boiling water for 8 minutes or until just undercooked. Drain. Mix both of the cheeses together and set aside. Grease a deep ovenproof dish and spoon about 1/3 rd of the tomato sauce into the base of the dish, top with 1/3 rd of the macaroni and then 1/3 rd of the cheeses. Repeat the layers twice. Combine the breadcrumbs and basil and sprinkle over the top. Dot with Smart Balance Spread and cook in preheated oven for 25 minutes or until the dish is golden brown and bubbling.

Makes 4 servings.  
Calories: 465/serving

### NUTRITIONAL INFORMATION PER SERVING:

26g protein  
56g carbohydrates  
15g fat  
1020mg sodium  
28mg cholesterol  
4g fiber