

## Updated Mac and Cheese

**3 tablespoons plain dry breadcrumbs**  
**1 teaspoon extra-virgin olive oil**  
**1/4 teaspoon paprika**  
**1 16-ounce or 10-ounce package frozen spinach, thawed**  
**1 3/4 cups Alpenrose Lite & Trim 1% milk, divided**  
**3 tablespoons all-purpose flour**  
**2 cups shredded extra-sharp Cheddar cheese**  
**1 cup Alpenrose Small Curd cottage cheese**  
**1/8 teaspoon ground nutmeg**  
**1/4 teaspoon salt**  
**Freshly ground pepper to taste**  
**8 ounces (2 cups) whole-wheat elbow macaroni or penne**

Put a large pot of water on to boil. Preheat oven to 450°F. Coat an 8-inch-square (2-quart) baking dish with cooking spray.

Mix breadcrumbs, oil and paprika in a small bowl. Place spinach in a fine-mesh strainer and press out excess moisture.

Heat 1 1/2 cups milk in a large heavy saucepan over medium-high heat until steaming. Whisk remaining 1/4 cup milk and flour in a small bowl until smooth; add to the hot milk and cook, whisking constantly, until the sauce simmers and thickens, 2 to 3 minutes. Remove from heat and stir in Cheddar until melted. Stir in cottage cheese, nutmeg, salt and pepper.

Cook pasta for 4 minutes, or until not quite tender. (It will continue to cook during baking.) Drain and add to the cheese sauce; mix well. Spread half the pasta mixture in the prepared baking dish. Spoon the spinach on top. Top with the remaining pasta; sprinkle with the breadcrumb mixture. Bake the casserole until bubbly and golden, 25 to 30 minutes.