

We would like to include recipes in every edition of the newsletter; to do so we need the help of all the members. Please share with the PQ community your favorite's recipes. Please send them to nsantiago2@tampabay.rr.com to be included in the following sections. Thanks for your future contributions.

Creamy Macaroni & Cheese – Jill French

- 1 8 oz. box elbow macaroni
- 2 Tbsp. butter
- 2 eggs
- 1 8 oz. tub cottage cheese
- 1 8 oz. tub sour cream
- 2 8 oz. pkg. shredded sharp cheddar cheese (4 cups)
- 1 5 oz. can evaporated milk
- Salt and pepper to taste
- Pinch of Lawry's seasoned salt

Preheat oven to 400.

Cook macaroni according to package directions. Drain and return to the pot. Add butter, stirring to melt.

In a large bowl mix all other ingredients, holding back 1 cup cheddar cheese. Fold in the buttered macaroni.

Pour into a greased casserole dish and cover the top with remaining cheese. Cover with aluminum foil.

Bake for 30 minutes, remove foil and bake for 10 minutes more for the top to brown.

Pineapple Cheesecake

If you love pineapple cheesecake, but not the number of calories it contains, here's a substitute I hope you enjoy as much as I have. Yoplait yogurt makes a regular Pina Colada flavor, or if you don't mind the artificial sweeteners you can try their Lite Pineapple flavor. Take one container (6 oz) of the yogurt, mix it w/about the same amount of Fat Free Cool Whip (again you can go for the sugar free Cool Whip as well), then stir in about 1/4-1/3 C of drained crushed pineapple. Spoon into 6 of the little graham cracker tart crusts, or a small graham cracker pie crust. Chill overnight or about 8 hours. If you want to save even more calories, skip the crusts and just eat the yogurt/pineapple/Cool Whip mixture.