Healthy Baked Mac and Cheese

- [ ] 8 ounces whole wheat elbow macaroni
- [ ] 1 1/2 tablespoons Land O'Lakes Light Whipped Butter
- [ ] 3 tablespoons all-purpose flour
- [ ] 1 1/4 cups 1% milk
- [ ] 1 cup reduced-fat sharp cheddar cheese (such as Cabot)
- [ ] 1 cup Kraft fat-free shredded cheddar cheese
- [ ] 1/2 teaspoon salt
- [ ] Cooking spray