

Mega Mac & Cheese

Prep: 5 minutes

Cook: 15 minutes

Ingredients

3 cups frozen cauliflower florets
4 **1/2** oz. (about 1 1/4 cups)
uncooked high-fiber elbow macaroni
2 tbsp. light sour cream
2 slices reduced-fat cheddar cheese
4 wedges The Laughing Cow Light
Creamy Swiss cheese
Optional seasoning: black pepper



Directions

Place cauliflower in a large microwave-safe bowl; cover and microwave for 3 minutes. Uncover and stir. Re-cover and microwave for 2 to 3 minutes, until hot. Drain excess liquid. Roughly chop cauliflower, return to the bowl, and cover to keep warm.

In a medium-large pot, cook pasta per package instructions, about 8 minutes. Drain pasta and stir into cauliflower. Cover to keep warm.

In a medium microwave-safe bowl, mix sour cream, cheese slices, and cheese wedges, breaking slices and wedges into pieces. Microwave for 20 seconds. Stir well. Microwave for another 20 seconds, or until cheeses have melted. Stir well.

Add cheese mixture to the large bowl and thoroughly stir. Enjoy!

HG Alternative: If made with fat-free sour cream and fat-free American cheese slices (as seen in earlier versions of this recipe), each serving will have:

180 calories, 3g fat, 30g carbs, 10g protein

MAKES 4 SERVINGS

Nutrition Information (Per Serving):

1/4th of recipe (1 cup):

205 Calories

6g Total fat

30g Carbs

11g Protein

1/8th of recipe (1/2 cup):

100 Calories

3 g Fat

15 g Carbohydrate

6 g Protein

Recipe from:

<http://www.hungry-girl.com/recipes/mega-mac-cheese>