



Hungry Girlfredo Broccoli Mac 'n Cheese



1/6th of recipe: 192 calories, 4g total fat (2g sat. fat), 548mg sodium, 29.5g carbs, 6g fiber, 6g sugars, 12.5g protein

Prep: 15 minutes **Cook:** 40 minutes

Cool: 10 minutes



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Ingredients

4 1/2 oz. (about 1 1/4 cups) uncooked high-fiber elbow macaroni
4 cups broccoli florets
6 cups roughly chopped cauliflower
2 tsp. chopped garlic
3/4 tsp. salt
1/2 tsp. black pepper
3/4 cup fat-free milk
1/3 cup plus 2 tbsp. grated Parmesan cheese
1/4 cup whole-wheat panko breadcrumbs

Directions

Preheat oven to 375 degrees. Spray an 8" X 8" baking pan with nonstick spray.

Bring a large pot of water to a boil. Add pasta *and* broccoli. Cook both according to the instructions on the pasta package, about 8 minutes.

Meanwhile, place cauliflower in a large microwave-safe bowl. Add 1/3 cup water. Cover and microwave for 8 minutes, or until soft.

Drain pasta and broccoli, and place in a large bowl.

To make the sauce, in a blender or food processor, combine cooked cauliflower, garlic, salt, and pepper. Add milk, 1/3 cup Parm, and 1/4 cup water. Blend on high speed until smooth and uniform.

Add sauce to the large bowl. Thoroughly stir to coat pasta and broccoli.

Transfer the mixture to the baking pan, and smooth out the surface.

Sprinkle with breadcrumbs and remaining 2 tbsp. Parm.

Bake until top is golden brown and entire dish is hot and bubbly, 15 - 20 minutes.

Let cool for 10 minutes before slicing.

MAKES 6 SERVINGS

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