



Baked Pizza Mac 'n Cheese



1/4th of recipe: 278 calories, 10g total fat (5g sat. fat), 759mg sodium, 33g carbs, 5.5g fiber, 7g sugars, 16g protein

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Prep: 10 minutes **Cook:** 45 minutes



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Ingredients

3 cups frozen cauliflower florets (like the kind by Green Giant)
4 1/2 oz. (about 1 1/4 cups) uncooked high-fiber elbow macaroni
2 oz. (about 30 pieces) turkey pepperoni
1/2 cup canned crushed tomatoes
1/3 cup light/reduced fat cream cheese
1/4 cup reduced-fat shredded cheddar cheese
1/4 cup light sour cream
1/2 tsp. onion powder
1/4 tsp. garlic powder
1/4 tsp. Italian seasoning
1/4 tsp. salt
4 tsp. grated Parmesan cheese

Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

Place cauliflower in a large microwave-safe bowl; cover and microwave for 3 minutes. Uncover and stir. Re-cover and microwave until hot, about 2 minutes.

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 6 minutes.

Meanwhile, chop half of the turkey pepperoni.

Drain pasta, and stir into cauliflower. Cover to keep warm.

In a medium microwave-safe bowl, combine crushed tomatoes, cream cheese, cheddar cheese, sour cream, and seasonings. Mix well. Microwave for 1 minute, or until cheeses have melted. Stir until mostly smooth.

Add cheese mixture to the pasta and cauliflower. Stir to coat. Mix in chopped pepperoni.

Transfer contents to the baking pan. Top with Parm and remaining pepperoni slices.

Bake until entire dish is hot and bubbly, 20 - 22 minutes.

MAKES 4 SERVINGS

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