



Cheeseburger Mac Attack



1/8th of recipe (about 1 cup): 179 calories, 5.75g total fat (1.5g sat fat), 512mg sodium, 19g carbs, 2g fiber, 3.5g sugars, 12.5g protein

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 5*

Purple Plan [SmartPoints](#)® value 5*

Prep: 5 minutes **Cook:** 10 minutes plus 3 - 4 hours (high) or 7 - 8 hours (low)



More: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

5 oz. (about 1 1/4 cups) uncooked elbow macaroni with at least 2g fiber per 2-oz. serving
10 oz. raw lean ground turkey
2 tbsp. ketchup
1/2 cup finely chopped onion (about 1/2 medium onion)
24 oz. (about 6 cups) frozen cauliflower and low-fat cheese sauce (like the kind by Green Giant)
3 wedges [The Laughing Cow Light Creamy Swiss cheese](#)
2 scallions, thinly sliced
Optional: salt and black pepper

Directions

In a large pot, prepare pasta very al dente, cooking for about half of the time indicated on the package. Drain well and set aside.

In a bowl, combine turkey, ketchup, and onion. Mix well. Add frozen cauliflower and cheese sauce and gently mix. Transfer mixture to a slow cooker. (A 4-qt. slow cooker is best!)

Add cooked pasta to the slow cooker and gently stir. Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours, until the turkey is fully cooked.

Add cheese wedges and scallions, and stir until evenly distributed.

If you like, season to taste with salt and pepper. Dig in!

MAKES 8 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.