



## Cheesy Beefy Mac



1/6th of recipe (about 1 2/3 cups): 310 calories, 9g total fat (4.5g sat. fat), 554mg sodium, 28g carbs, 5g fiber, 5.5g sugars, 28g protein

**Prep:** 15 minutes    **Cook:** 30 minutes

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### Ingredients

6 oz. (about 1 1/2 cups) uncooked whole-wheat elbow macaroni  
5 1/2 cups frozen cauliflower florets  
1 lb. raw extra-lean ground beef (at least 96% lean)  
1 tsp. garlic powder  
1 tsp. onion powder  
1/2 tsp. each salt and black pepper  
6 wedges The Laughing Cow Light Creamy Swiss cheese  
3 tbsp. light sour cream  
4 slices reduced-fat cheddar cheese  
Optional seasonings: additional salt and black pepper

### Directions

In a medium-large pot, cook pasta per package instructions, about 8 minutes.

Meanwhile, place cauliflower in a large microwave-safe bowl. Cover and microwave for 3 minutes. Uncover and stir. Re-cover and microwave for 2 - 3 minutes, until cauliflower is hot. Drain excess liquid. Once cool enough to handle, chop into bite-sized pieces, and return to the large bowl.

Drain pasta, and add to the large bowl. Cover to keep warm.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add beef, 1/2 tsp. garlic powder, 1/2 tsp. onion powder, and 1/4 tsp. each salt and black pepper. Cook and crumble for about 8 minutes, until beef is fully cooked. Add cooked beef to the large bowl. Re-cover to keep warm.

In a small microwave-safe bowl, stir cheese wedges until smooth. Add sour cream and cheese slices, breaking the slices into pieces. Add remaining 1/2 tsp. garlic powder, 1/2 tsp. onion powder, and 1/4 tsp. each salt and black pepper. Mix well. Microwave for 1 minute. Stir well. Microwave for 30 seconds, or until hot and uniform.

Add cheese mixture to the large bowl. Stir until well mixed and evenly distributed. If needed, microwave until hot.

**MAKES 6 SERVINGS**

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