



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

Green Plan [SmartPoints](#)® value 8*

Blue Plan (Freestyle™) [SmartPoints](#)® value 8*

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

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



Tagged: [Lunch & Dinner Recipes](#), [Four or More Servings](#)

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

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.