



## Easy-Peasy Slow-Cooker Mac & Cheesy



1/4th of recipe (about 1 1/4 cups): 290 calories, 7.5g total fat (4g sat. fat), 772mg sodium, 41g carbs, 6.5g fiber, 10.5g sugars, 16g protein

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**Prep:** 15 minutes    **Cook:** 3 hours and 15 minutes



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### Ingredients

5 oz. (about 1 1/2 cups) uncooked high-fiber elbow macaroni  
6 cups chopped cauliflower  
2 tsp. chopped garlic  
1/2 tsp. onion powder  
1/4 tsp. each salt and black pepper  
1/2 cup fat-free milk  
5 wedges The Laughing Cow Light Creamy Swiss cheese  
1/4 cup light sour cream  
4 slices 2% milk cheddar or American cheese  
Optional seasoning: additional salt

### Directions

In a large pot, cook pasta very al dente, for about half the time indicated on the package. Drain well.

Spray a slow cooker with nonstick spray. Add cauliflower, garlic, and seasonings. Mix well.

Add milk and cooked pasta, and gently stir. Cover and cook on low for about 3 hours, until cauliflower is tender and pasta is fully cooked.

In a medium microwave-safe bowl, stir cheese wedges until smooth. Add sour cream and cheese slices, breaking the slices into small pieces. Microwave for 40 seconds. Stir well. Microwave for another 40 seconds, or until cheeses have melted.

Stir cheese mixture until smooth and uniform, and add to the contents of the slow cooker. Stir to coat.

#### MAKES 4 SERVINGS

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