



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

Green Plan [SmartPoints](#)® value 8*

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

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

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



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Four or More Servings](#)

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

[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.