



Slow-Cooker Green Chile & Corn Chicken Mac 'n Cheese



1/6 of recipe (about 1 heaping cup): 297 calories, 8g total fat (3.5g sat. fat), 469mg sodium, 30g carbs, 4g fiber, 6.5g sugars, 26.5g protein

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Prep: 15 minutes **Cook:** 3–4 hours or 7–8 hours, plus 15 minutes

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Ingredients

1 lb. raw boneless skinless chicken breast, cut into bite-sized pieces
1/2 tsp. salt
1/4 tsp. black pepper
3 cups chopped cauliflower
1 cup frozen sweet corn kernels
1/2 cup fat-free milk
5 oz. (about 1 1/2 cups) uncooked whole-grain elbow macaroni
One 4-oz. can diced green chiles, drained
1/2 cup whipped cream cheese
1/2 cup shredded part-skim mozzarella cheese
1/4 cup light sour cream
1 tsp. garlic powder
1/2 tsp. onion powder
Optional topping: grated Parmesan cheese

Directions

Spray a slow cooker with nonstick spray. Add chicken, and season with salt and pepper. Add cauliflower, corn, milk, and 1 cup water.

Cover and cook on high for 3–4 hours or on low for 7–8 hours, until chicken is cooked through and cauliflower is tender.

If cooking at low heat, increase to high. Stir in macaroni. Cover and cook for 13 minutes, or until pasta is al dente, stirring occasionally.

Turn off slow cooker. Add remaining ingredients. Mix until uniform.

MAKES 6 SERVINGS

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