



Mac 'n Chicken 'n Cheese



1/4 of recipe (about 1 3/4 cups): 348 calories, 7g total fat (3.5g sat. fat), 523mg sodium, 34g carbs, 6g fiber, 7g sugars, 36g protein

[Click for WW Points® value*](#)

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



More: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

4 1/2 oz. (about 1 1/4 cups) uncooked whole-grain elbow macaroni
3 cups frozen cauliflower florets
14 oz. raw boneless skinless chicken breast, cut into bite-sized pieces
1/4 tsp. chili powder, divided
1/4 tsp. garlic powder, divided
1/4 tsp. onion powder, divided
1/4 tsp. salt, divided
1/4 tsp. black pepper, divided
1 cup chopped yellow bell pepper
1/2 cup chopped onion
4 wedges The Laughing Cow Light Creamy Swiss cheese
2 tbsp. light sour cream
3 slices reduced-fat cheddar cheese (we use Sargento)

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. Recover and microwave for 2–3 minutes, until cauliflower is hot. Drain excess liquid. Roughly chop cauliflower, and return to the bowl. Cover to keep warm.

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

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add chicken and 1/8 tsp. of each seasoning. Add bell pepper and onion. Cook and stir for about 6 minutes, until chicken is fully cooked and veggies have softened and browned. Add contents of the skillet to the large bowl. Recover 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 1/8 tsp. of each seasoning. Mix well. Microwave for 1 minute. Stir mixture. Microwave for 30 seconds, or until hot and uniform.

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

MAKES 4 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended

and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

Publish Date: March 29, 2023

Author: Hungry Girl

Copyright © 2025 Hungry Girl. All Rights Reserved.