



## 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

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



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### 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

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