



Mega Mac & Cheese



1/4th of recipe (1 heaping cup): 207 calories, 5.5g total fat (3g sat. fat), 285mg sodium, 29.5g carbs, 5g fiber, 5g sugars, 11g protein

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Prep: 5 minutes **Cook:** 15 minutes



Ingredients

3 cups frozen cauliflower florets
4 1/2 oz. (about 1 1/4 cups) uncooked high-fiber elbow macaroni
2 tbsp. light sour cream
2 slices reduced-fat cheddar cheese
4 wedges [The Laughing Cow Light Creamy Swiss cheese](#)
Optional seasonings: salt and black pepper

Directions

Place cauliflower in a large microwave-safe bowl; cover and microwave for 3 minutes. Uncover and stir. Re-cover and microwave for 2 to 3 minutes, until hot. Drain excess liquid. Roughly chop cauliflower, return to the bowl, and cover to keep warm.

In a medium-large pot, cook pasta per package instructions, about 8 minutes. Drain pasta and stir into cauliflower. Cover to keep warm.

In a medium microwave-safe bowl, mix sour cream, cheese slices, and cheese wedges, breaking slices and wedges into pieces. Microwave for 20 seconds. Stir well. Microwave for another 20 seconds, or until cheeses have melted. Stir well.

Add cheese mixture to the large bowl and thoroughly stir. Enjoy!

HG Alternative: If made with fat-free sour cream and fat-free American cheese slices (as seen in earlier versions of this recipe), each serving will have 182 calories, 2.5g total fat (1g sat. fat), 387mg sodium, 30g carbs, 4.5g fiber, 5.5g sugars, and 10g protein (**Freestyle™ SmartPoints®** value 5*; **SmartPoints®** value 5*).

MAKES 4 SERVINGS

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