



Outside-the-Box Mac ‘n Cheese



1/4th of recipe (about 1 2/3 cups): 250 calories, 10g total fat (5g sat. fat), 599mg sodium, 31.5g carbs, 5.5g fiber, 10g sugars, 11g protein

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Prep: 10 minutes **Cook:** 25 minutes



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Ingredients

- 7 cups chopped cauliflower (about 1 extra-large head)
- 3 oz. (about 1 cup) uncooked high-fiber whole-wheat elbow macaroni
- 1/3 cup light/reduced-fat cream cheese
- 1/3 cup cheddar cheese powder (like [the kind by Anthony’s](#))
- 1/4 cup light sour cream
- 2 tbsp. fat-free milk
- 1 1/2 tbsp. light whipped butter or light buttery spread
- 1/8 tsp. each salt and black pepper, or more to taste

Directions

Bring a large pot of water to a boil. Add cauliflower and pasta. Cook both for 10 - 12 minutes, until cauliflower is tender and pasta is cooked.

Meanwhile, in a large bowl, add all remaining ingredients. Stir until mostly smooth and uniform.

Drain cauliflower and pasta, and transfer to the large bowl. Thoroughly stir to coat.

MAKES 4 SERVINGS

HG Alternative: Anthony’s Cheddar Cheese Powder is ridiculously amazing! If it’s currently unavailable on Amazon, sign up for an email alert from Amazon for when it’s back in stock. Or try this version by [Hoosier Hill Farm](#)!

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