



Too-EZ Mac 'n Cheese



1/4th of recipe (1 heaping cup): 222 calories, 5.5g total fat (0.5g sat fat), 772mg sodium, 35g carbs, 6g fiber, 6g sugars, 8.5g protein

Blue Plan (Freestyle™) SmartPoints® value 7*

Prep: 5 minutes **Cook:** 30 minutes



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Ingredients

4 1/2 oz. (about 2 cups) uncooked whole-wheat rotini pasta
24 oz. (about 6 cups) frozen Green Giant Broccoli & Cheese Sauce
3 wedges The Laughing Cow Light Original Swiss cheese
Optional seasonings: salt and black pepper

Directions

In a large pot, prepare pasta according to package instructions.

Meanwhile, place broccoli & sauce in a large microwave-safe bowl. Cover and microwave for 10 - 12 minutes, or until sauce has melted and broccoli is hot.

Add cooked/drained pasta and cheese wedges. Mix thoroughly.

MAKES 4 SERVINGS

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.