

Dinner

One Pot Macaroni and Cheese

15-20 Mins
Prep Time

15 Mins
Cook Time

6
Servings

 **364 Calories** **25g Fat** **24g Carbs** **15g Protein**



Ingredients

 **6 Servings**  **30-35 Mins Total Time**  **Allergens: Dairy, Gluten**

1 lb Whole Wheat Macaroni

1 Package Frozen, Riced Cauliflower 

$\frac{3}{4}$ Cup Canned Coconut Milk

3 oz Low-Fat Cream Cheese, cubed

1 Tbsp Dijon Mustard

1 Tsp Garlic Powder

2 Cups Shredded Sharp Cheddar Cheese

2 Tbsp Salted Butter

Kosher Salt and Pepper, to taste

1 Pinch Cayenne Pepper (optional)

Allergen Swap

Dairy Replace the cheddar cheese with a dairy-free version

Gluten Replace the whole wheat pasta with a gluten-free pasta

Nourishment Note



Cauliflower

Cauliflower is a cruciferous vegetable. Cruciferous vegetables are power-packed with a variety of minerals, vitamins and antioxidants all important in lowering inflammation and preventing different illnesses, including cancer.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Bring Water to a Boil

In a large pot, bring 4 cups of water to a boil over high heat. Add 2 teaspoons salt, the pasta and cauliflower, and cook, stirring occasionally, for 8 minutes. *Do not drain the water.

3. Stir in Coconut Milk, Cream Cheese, Mustard and Garlic

Stir in the coconut milk, cream cheese, Dijon mustard and garlic powder and cook until the cream cheese has melted and pasta al dente, about 5 minutes.

4. Add Cheddar Cheese and Butter

Add the cheddar cheese and butter and stir until melted and creamy. Remove from the heat.

4. Season and Serve

Season with salt, pepper and a pinch of cayenne. If the sauce appears to be too thick, add ¼ cup of the coconut milk or water to thin.

5. Clean Up

Wash hands with soap and water.

Recipe adapted from [Half Baked Harvest](#)

What You'll Need



Large Pot



Measuring Cups



Measuring Spoon



Wooden Spoon



Can Opener



Knife

RA Cooking Tips

- Ask a friend or family to help prepare this dish
- Use jarred, minced garlic instead of whole garlic cloves