

Dinner

One Pot Macaroni and Cheese

15-20 Mins Prep Time

15 Mins **Cook Time**

Servings

364 Calories 25g Fat 24g Carbs 15g Protein



Ingredients

30-35 Mins Total Time Allergens: Dairy, Gluten 6 Servings 1 lb Whole Wheat Macaroni 1 Package Frozen, Riced Cauliflower 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)

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.

Allergen Swap

Dairy Replace the cheddar cheese with a dairy-free version

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



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

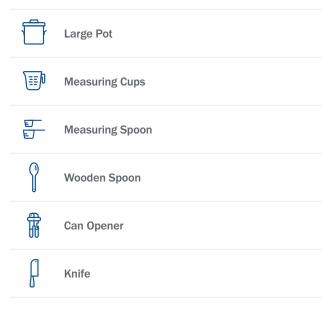
Season with salt, pepper and a pinch of cayenne. If the sauce appears to be too thick, add $\frac{1}{4}$ cup of the coconut milk or water to thin.

5. Clean Up

Wash hands with soap and water.

Recipe adapted from Half Baked Harvest

What You'll Need



RA Cooking Tips

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