

"Mac & Chz" (Low Protein)

This dairy-free dish brings the flavor from the box to the table for a quick meal that satisfies cheesy cravings.

YIELD	PREP TIME	TOTAL TIME
8 SERVINGS	10 MIN	30 MIN

Simplified Diet
Protein

Serving

0.2g

Recipe

1.5g

INGREDIENTS

1 box	Low Protein Pasta (500g/17.6oz), any short shape (penne, macaroni, etc.)
1 Tbsp	Olive Oil
1 bag	Frozen Cauliflower Rice (10-12 oz.)
4 Tbsp	Butter, unsalted
1¼ cup	So Delicious Unsweetened Coconut Milk
3 Tbsp	Tofutti Vegan Cream Cheese
2 Tbsp	Kernel Season's White Cheddar Popcorn Seasoning
½ tsp	Kosher Salt
1 cup	Bettergoods Plant-Based Cheddar Cheese, shredded

CHEF'S NOTES

Serving Size: 1 cup

The sauce can be made in advance and reheated in the microwave in 30 second increments, stirring in between or on the stovetop over low heat.

We like the flavor and meltability of the Bettergoods plant-based cheeses which can be found at Walmart. Check the protein content if you are using your preferred non-dairy cheese.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Bring a large pot of water to a boil over high heat. Once boiling, add the pasta and 1 tablespoon olive oil. Cook until tender, about 10-12 minutes (check package directions for exact cooking time), stirring often to prevent sticking. Drain and rinse under warm water to remove excess starch. Set aside and reserve pot for later.
3. While the pasta is cooking, microwave the cauliflower rice according to the directions on the package.
4. In a large blender pitcher, add the microwaved rice, butter, coconut milk, cream cheese, popcorn seasoning and salt.
5. Starting on low and gradually increasing to high, blend until smooth and creamy with no lumps remaining, scraping down the sides of the blender as needed.
6. Transfer the sauce mixture to the pot used for the pasta and heat over medium low heat. Add the shredded cheddar cheese and using a rubber spatula, stir constantly until the cheese is fully melted and the sauce and smooth.
7. Add the reserved cooked pasta and mix until well coated and warmed through. Enjoy!

Nutrition Facts	
8 servings per container	
Serving size	1 cup (163g)
Amount Per Serving	
Calories	340
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 530mg	23%
Total Carbohydrate 55g	20%
Dietary Fiber 5g	18%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0.4mcg	2%
Calcium 20mg	2%
Iron 0mg	0%
Potassium 60mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

CONTAINS: MILK, CASHEW, SOY

Note: There are many non-dairy milk and yogurt options, availability varies by region and store. You can substitute for the products listed in the recipe but be sure to note the protein content of the alternative products!

Recipe adapted from PKUforlife.com, "Macaroni & Cheese (3 ways!)"



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