



Cheeseburger Mac Attack

NIBBLEDISH CONTRIBUTOR

Ingredients

- 5 ounces (about 1 1/4 cups) uncooked elbow macaroni with at least 2 g fiber per 2-ounce serving
- 10 ounces raw lean ground turkey
- 2 tablespoons ketchup
- 1/2 cup finely chopped onion (about 1/2 medium onion)
- 24 ounces (about 6 cups) frozen cauliflower and low-fat cheese sauce, such as Green Giant
- 3 wedges light spreadable Swiss cheese, such as The Laughing Cow Light
- 2 scallions, thinly sliced
- Salt and black pepper, optional
- Special equipment: slow cooker

Instructions

1. In a large pot, prepare pasta very al dente, cooking for about half of the time indicated on the package. Drain well and set aside.
 2. In a bowl, combine turkey, ketchup, and onion. Mix well. Add frozen cauliflower and cheese sauce and gently mix. Transfer mixture to a slow cooker.
 3. Add cooked pasta to the slow cooker and gently stir. Cover and cook on high for 3 to 4 hours or on low for 7 to 8 hours, until the turkey is fully cooked.
 4. Add cheese wedges and scallions, and stir until evenly distributed.
 5. If you like, season with salt and pepper, to taste. Dig in!
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Makes 8 servings, Difficulty: Easy

Per Serving: (1/8th of recipe, about 1 cup): 179 calories, 5.75g fat, 512mg sodium, 19g carbs, 2g fiber, 3.5g sugars, 12.5g protein