



MAC 'N' CHEESE BITES

	Ingredients	Exchanges
Protein	10.5 gm fresh whole egg, raw	0.7 (-0.7 gm fat)
	15.2 gm cheddar cheese, finely shredded	2 (-3.0 gm fat)
	19.6 gm cream cheese	1 (-6 gm fat)
Fat	36.3 gm mayonnaise	9.2 (-9.2 gm)
Carbohydrate	13 gm Ramen® noodles, cooked	1.3
Other	pinch of salt	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Preheat oven to 350° F.
- Cook noodles according to directions listed on the package; do not add seasoning packet.
- Weigh the ingredients using a gram scale.
- In a small bowl, combine all of the ingredients until smooth.
- Season to taste with a pinch of salt.
- Spray a silicone mold or muffin pan with nonstick cooking spray.
- Scoop the mixture into the mold dividing evenly.
- Bake in the preheated oven for 25 minutes or until golden brown.
- Allow the bites to cool slightly before removing from the mold.
- Serve warm or store in the refrigerator for future use.

VARIATIONS

- This recipe may be adjusted as needed to any meal plan.
- Mayonnaise should not be substituted for other fats.
- Other seasonings such as onion powder, black pepper, dry mustard, or paprika may be added in addition to the salt.
- Tofu shirataki noodles or regular pasta should not be used in place of the Ramen® noodles; it will not hold together.