



## MAC'N'CHEESE

	Ingredients	Exchanges
Heavy Cream	60 gm	
Protein	28.1 gm cheddar cheese	3.7 (-5.55 gm fat)
Fat	24.5 gm butter	6 (-5.55 gm)
Carbohydrate	36.8 gm tofu shirataki noodles	1.3
Other	Pinch of salt, 1 tsp water	

*Recipe developed by Chef Paige Vondran*

### DIRECTIONS

- Cook shirataki noodles according to package direction; set aside.
- In a small sauce pan, combine heavy cream, butter and cheddar cheese. Heat over medium heat, stirring frequently, until cheese is completely melted.
- Add in the cooked shirataki noodles.
- Season to taste with salt and pepper.
- Mix well and serve warm.

### VARIATIONS

- This recipe should not be frozen because it will not reheat properly.
- Other carbohydrates can be used such as cooked Ramen® noodles, broccoli, cauliflower, or zucchini.
- Too much cheddar cheese can make this recipe taste too strong. For lower ratios or meal plans with higher protein requirements, we recommend adding another protein ingredient such as turkey bacon, chopped hot dog, or tofu.
- Adjust the amount of heavy cream as needed to individual meal plan.