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Low-Calorie Comfort Food: Mac & Cheese

Ingredients

- Medium butternut squash 1
- Turkey bacon (uncured, nitrate free, from turkey meat) 8 slices
- Chicken broth 1 cup
- Olive oil 1 tbsp
- Goat cheese 2 oz.
- Reduced-fat parmesan cheese 1/2 cup
- Fresh thyme 1 tbsp
- Fresh rosemary 1/2 tbsp
- Sea salt and pepper to taste
- Chives to garnish

To bulk up

- Wheat or quinoa elbow macaroni 4 oz.

To shred down

- Cauliflower florets, chopped 2 heads

Directions

1. Preheat oven to 400 degrees F.
2. Cut the ends off the butternut squash, and slice it down the middle. Remove the seeds, and place it on a baking sheet. Spray the squash with coconut or olive oil, and sprinkle it with sea salt and pepper. Roast for one hour or until tender.
3. Choose either macaroni or cauliflower.

- Macaroni: Cook according to instructions while the squash is baking. When done, set it aside.
 - Cauliflower: Arrange the florets on a baking sheet. Spray them with olive oil and pepper, and roast them for 25 minutes at 400 degrees F.
4. Set a nonstick skillet on medium-high heat, toss in the turkey bacon, and cook until crispy. Allow it to cool for 2 minutes before chopping it into pieces.
 5. Remove the squash from the oven, and let it cool to near room temperature. Cut it into chunks, and peel the pieces.
 6. Add all the ingredients (except bacon bits and garnish) to a blender or food processor, and blend them to create a creamy, cheesy sauce.
 7. Pour the sauce over the macaroni or roasted cauliflower, stir, and toss in bacon bits. Stir it again, and season it to taste. Garnish it with chopped chives or parsley.

Nutrition Facts (with cauliflower):

Serving size: 1 bowl

Recipe yields 8 servings

Calories: 161

Fat: 5 g

Carbs: 21 g

Protein: 8 g

Nutrition Facts (with macaroni):

Serving size: 1 bowl

Recipe yields 8 servings

Calories: 198

Fat: 6 g

Carbs: 27 g

Protein: 9 g