



Courtesy of Kevin Alexander @fitmencook

BBQ-Grilled Healthier Mac & Cheese with Asparagus

Ingredients:

Uncooked quinoa pasta or wheat pasta 4 oz.
Chopped asparagus 2 cups
Red onion, diced 1/3 cup
Uncured, nitrate-free turkey bacon 3 slices
Garlic minced or paste 1 tbsp
Low-sodium chicken broth 1 cup
Quinoa flour or wheat flour 2 tbsp
2% Greek yogurt 1/2 cup
Goat cheese 1/3 cup
Freshly rosemary, chopped 1 tbsp
Reduced-fat shredded mozzarella 1/2 cup
Wheat panko crumbs or homemade wheat-bread crumbs 4 tbsp
Sea salt and pepper to taste
Coconut oil spray as needed

Directions:

1. Set your grill to 350 degrees F.
2. Cook the pasta according to the instructions provided on the package and set aside.
3. Spray a nonstick skillet with coconut oil and warm it to medium-high heat.
4. Cook garlic, red onions, and bacon together in the skillet for about 4 minutes, or until the red onions turn brown and the edges of the bacon are crispy.
5. Stir in chicken broth, flour, Greek yogurt, and goat cheese, and allow the sauce to simmer momentarily.
6. Mix in cooked pasta, chopped asparagus, and fresh rosemary. Stir thoroughly, then remove from the heat.
7. Pour the contents into a baking dish. I used mini cast-iron dishes in order to better measure out individual portion sizes.
8. Top with mozzarella and panko crumbs.

9. Bake for at least 20 minutes, or until the bread crumbs have turned brown.

Nutrition Facts:

Serving size: 1 bowl

Recipe yields 4 servings

Calories 258

Fat 7 g

Carbs 35 g

Protein 18 g