

PROTEIN MAC & CHEESE



INGREDIENTS:

- 3 servings of macaroni pasta
- 1/2 cup part skim ricotta cheese
- 1/2 cup 2% milk
- 3 oz fat free shredded cheddar cheese
- 1 oz reduced fat 3 cheese blend of choice
- 1/4 tsp garlic powder
- salt & pepper to taste

DIRECTIONS:

- 1) Prepare pasta according to package instructions
 - 2) In a medium pot mix milk, ricotta, shredded cheeses, garlic powder, and salt & pepper
 - 3) Heat mixture over medium heat while mixing
 - 4) Once cheese is melted and mixture is well combined remove from heat.
 - 5) Add cheese sauce to macaroni
- *Macros may vary depending on pasta used

Enjoy!

Makes 6 Servings | 1 Serving = 3/4 cup
Calories: 167 | Protein: 12 g | Carbs: 24 g | Fat: 3 g