

Mac and Cheese with Chicken

An American classic that hits the waistline and hips pretty hard! My version softens the blow by starting with non-fat milk and adding in 2% cheddar. Tangy goat cheese perks up the flavor of the lower fat cheese.

Serves 8

Ingredients

- 1 pound whole grain pasta
- 2 tablespoons olive oil
- 2 cloves are garlic, minced
- 2 tablespoons flour
- 2 cup non-fat, skim milk
- 2 cups 2% cheddar (about 8 oz), grated
- 1/4 cup reduced fat goat cheese
- 1/4 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/8 teaspoon paprika
- 1/8 teaspoon black pepper
- 2 6-ounce chicken breasts, cooked, cubed (optional)

Directions

Fill a large stockpot with water and bring to a boil. Cook the pasta according to the package instructions. Drain and set aside. Heat a large skillet with the olive oil over medium heat. When the oil is hot, add the garlic and cook 1 to 2 minutes, stirring often until the garlic is golden. Add the flour, reduce the heat to medium. Cook 1 to 2 minutes stirring constantly until mixture resembles a thick paste.

Whisk in the milk and cook 3 to 4 minutes until the mixture begins to thicken. Stir in both cheeses, salt, garlic powder, paprika, and pepper. Mix until cheese is smooth and melted. Stir in the macaroni and chicken if using. Serve immediately.

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As a private chef and recipe developer, Jennifer Iserloh - also known as Skinny Chef - has created hundreds of nutrition-packed dishes for families including top celebrities and well known health focused publications. Her food philosophy is absolutely simple: Cook nourishing meals, find an exercise routine that works and go ahead, enjoy the things you love. Find out more at SkinnyChef.com!