

Apr.

Friends and Family

Culinary Services Group
Your Dining Partner

High Protein Mac 'n' Cheese

Ingredients

8 oz Dry Higher Fiber Macaroni Elbows
1 Cup Cottage Cheese
1/3 Cup Milk
1/3 Cup Nutritional Yeast
1 Cup Cheddar Cheese, shredded
1/4 tsp Garlic Powder
1/8 tsp Paprika
1/4 tsp Black Pepper
1/8 tsp Onion Powder
2 Tbsp Pasta Water
1 Tbsp Corn Starch

Steps

- 1) Cook the pasta according to the package instructions, remember to salt the water. Drain and set aside, reserving 2 tablespoons of pasta water.
- 2) In a blender, combine cottage cheese, milk, nutritional yeast, cheese, garlic powder, paprika, black pepper, and onion powder. Blend until smooth.
- 3) In a small bowl, whisk together the reserved pasta water and cornstarch.
- 4) Pour the cheese sauce into a small pan over medium heat and bring to a simmer. Stir in the cornstarch mixture and continue stirring as the sauce thickens, about 5 minutes. To prevent burning, keep stirring continuously (see notes below for tips). Add extra cheese if desired.
- 5) Add the cooked pasta to the sauce, stir well, and enjoy!



Here's What We're Up to This Month:

Suggested Activity: Bird Watching

Wellness Focus: April is Oral Cancer Awareness Month, a time dedicated to increasing awareness about the risks, symptoms, and prevention of oral cancer. This disease can affect the mouth, throat, tongue, and lips, with early detection playing a crucial role in successful treatment. Common risk factors include tobacco use, excessive alcohol consumption, HPV infection, and prolonged sun exposure.

Food for Thought:

Protein is essential for overall health, supporting muscle growth, tissue repair, and immune function. It helps keep you full longer, aids in weight management, and promotes healthy skin, hair, and nails. Protein also plays a vital role in maintaining strong bones and supporting metabolism.

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Try our recipe at home.

