



Too-EZ Mac 'n Cheese



1/4th of recipe (1 heaping cup): 222 calories, 5.5g total fat (0.5g sat. fat), 772mg sodium, 35g carbs, 6g fiber, 6g sugars, 8.5g protein

Prep: 5 minutes **Cook:** 30 minutes



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Ingredients

4 1/2 oz. (about 2 cups) uncooked whole-wheat rotini pasta
24 oz. (about 6 cups) frozen Green Giant Broccoli & Cheese Sauce
3 wedges The Laughing Cow Light Original Swiss cheese
Optional seasonings: salt and black pepper

Directions

In a large pot, prepare pasta according to package instructions.

Meanwhile, place broccoli & sauce in a large microwave-safe bowl. Cover and microwave for 10 - 12 minutes, or until sauce has melted and broccoli is hot.

Add cooked/drained pasta and cheese wedges. Mix thoroughly.

MAKES 4 SERVINGS

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