



Grown-Up Cheesy Macaroni

Forget about 'powdered cheese substitute' because here comes a cheesy macaroni that's good...and better for you too! This is a grown-up take on the kid-favorite home made cheesy-mac. It has colorful veggies, panko bread crumbs & even brings a little heat! You'll love the various cheeses that give this meal it's great texture, and the chia seeds help fill you up so that one serving is plenty.

Dry Ingredients

- 2 cups penne pasta
- 2 cups shredded sharp cheddar cheese
- 1 celery stalk
- 1 clove garlic
- 1 hand full fresh parsley
- 1 medium carrot
- 1/4 cup parmesan cheese
- 3 tbsp panko bread crumbs
- 1 tbsp dry MySeeds chia seeds
- 1 tsp red pepper flakes

Wet Ingredients

- 1 and 1/2 cup low fat cottage cheese
- 1/2 cup light sour cream
- 1 tablespoon hot sauce of your choice

First, cook the pasta according to package directions.

As you are waiting for it to cook, you can shred the cheddar cheese. After shredding separate 1/2 cup to sprinkle over the dish before you bake it.

Cut the carrot into bite-sized rounds, and slice the celery stalk. Mince the garlic clove. In a bowl, combine the sour cream, cottage cheese, 1 and 1/2 cup shredded cheddar, vegetable pieces, & minced garlic. Then, add the hot sauce, pepper flakes, parsley & chia. Stir to combine.

Drain the pasta, and stir it in. Once everything is well combined, transfer the mixture into your baking dish. It should be 8 x 8, and glass is recommended. Sprinkle the reserved 1/2 cup shredded cheddar cheese over the top, then sprinkle on the panko bread crumbs.

Bake at 350 for 10 minutes. Then, turn the oven to "broiler" and broil for 1 minute to brown the top & crisp the bread crumbs. Let it rest for about 5 minutes, and you're ready to serve.

The heat in this dish depends on what brand of hot sauce you choose.

Make this as hot or as mild as you like!

This may be called "Grown Up Macaroni" but it's colorful & cheesy so kids may like it too. The carrot & celery remain crisp & crunchy for great texture as well.

This is a "comfort food" with a healthier twist. When you feel like having a 'home style' meal, selecting real cheese, no preservatives & fresh veggies is the best way to go.