



Roasted Veggie Mac & Cheese



1/4th of recipe (about 1 1/2 cups): 217 calories, 4.5g total fat (2.5g sat. fat), 600mg sodium, 34g carbs, 5.5g fiber, 6g sugars, 11.5g protein

Prep: 10 minutes **Cook:** 30 minutes

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Ingredients

2 cups cauliflower florets
2 cups broccoli florets
Half of a medium red onion, cut into 1/2-inch-thick slices, rings intact
1/4 tsp. each salt and pepper
4 1/2 oz. (about 1 1/4 cups) uncooked high-fiber elbow macaroni
3 slices 2% milk American cheese
4 wedges [The Laughing Cow Light Creamy Swiss cheese](#)

Directions

Preheat oven to 450 degrees. Spray a baking sheet with nonstick spray.

Evenly lay veggies on the baking sheet. Spray with nonstick spray, and sprinkle with salt and pepper. Bake until tender and slightly blackened, 20 - 25 minutes.

Meanwhile, in a medium-large pot, cook pasta per package instructions, about 8 minutes. Drain pasta, and place in a large microwave-safe bowl. Cover to keep warm.

Roughly chop cooked veggies, and add to the bowl.

In a medium microwave-safe bowl, combine cheese slices and cheese wedges, breaking them into pieces. Microwave for 30 seconds. Stir well. Microwave for another 30 seconds, or until cheeses have melted. Stir well, and add mixture to the pasta and veggies.

Thoroughly stir to coat. If needed, microwave until hot. Enjoy!

MAKES 4 SERVINGS

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