

## Mac and Cheese with a Twist

A diabetic-friendly recipe

### Ingredients:

- 1 tablespoon butter
- 1 cup half-and-half
- 2 teaspoons Dijon mustard
- 1 1/2 cups shredded sharp cheddar cheese
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon garlic powder
- 8 ounces whole wheat elbow macaroni, cooked according to the directions on the packaging
- 3 cups cauliflower florets, cooked (steamed or roasted)



### Directions

1. Combine butter, half-and-half, mustard, cheese, salt, pepper, and garlic in a large stockpot. Heat on low until cheese is melted, stirring constantly.
2. Add in pasta and cauliflower, stirring well to coat.

*Makes 8 servings*

*To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.*