

# REALNUTRITION

---

## Healthier Mac and Cheese

### INGREDIENTS

- 1 box, 8 oz Barilla Chickpea Rotini
- 4 cups broccoli florets
- 1 Tablespoon organic butter
- 1 cup milk, I used unsweetened almond milk
- 1 Laughing Cow spreadable cheese wedge
- 1 1/2 cups 6 oz reduced fat shredded cheddar cheese  
(more, if needed)\*
- 1 handful chopped baby spinach
- Sea salt and pepper, to taste

### DIRECTIONS

**Boil pasta & broccoli:** Bring a large pot of water to a boil. Add chickpea rotini pasta, return to a boil and cook for a total of 8 minutes, adding in the broccoli florets at the four minute mark.

**Drain pasta and broccoli.** Add remaining ingredients: In the same large pot over low/medium heat add butter, milk, salt and pepper. Once butter has melted add in drained pasta and broccoli, spreadable cheese wedge and shredded cheese. Let cheese melt a little, about 30 seconds. Use a spoon to stir everything together until pasta is well coated with cheese, adding more cheese if needed. Add in chopped baby spinach and toss until wilted.

Serve immediately with additional salt and pepper, if needed.