

High Protein Mac 'n' Cheese



PREP TIME

10 mins

COOK TIME

30 mins

TOTAL TIME

40 mins



COURSE

Dinner, Gluten Free, Lunch



SERVINGS

8 servings

CALORIES

258 kcal

INGREDIENTS

- 2 8 oz boxes Banza Elbow Macaroni Pasta
- 2 c white potato peeled and cubed
- 1 c Baby Carrots peeled and chopped
- 1/2 c Silken Tofu
- 1 Tbsp lemon juice
- 1/2 c Nutritional Yeast
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 2 tsp salt
- 1 Tbsp agar powder
- 2 Tbsp tapioca flour (or cornstarch)

INSTRUCTIONS

Cook the Pasta & Veggies

1. Bring a large AND a medium pot of water to a boil. You can salt the water if desired.

2. Add two boxes of Banza Elbow Macaroni to the pot and cook for 7 minutes (or until al dente), stirring occasionally.
3. Strain pasta and rinse with cold water immediately to stop the cooking process.
4. In the smaller pot of boiling water, add the potatoes and carrots for 7 minutes, or until fork-tender.
5. Drain the potatoes and carrots but reserve the cooking liquid!

Make the Cheese Sauce

1. In a good quality blender that can handle hot food, add cooked potatoes and carrots.
2. Add 1/2 c cooking liquid to the blender. Blend until smooth.
3. Add silken tofu, and lemon juice. Blend until smooth.
4. Add nutritional yeast, garlic and onion powder and salt.
5. In a medium saucepan over low heat, add 1/2 c (120ml) water and 1 Tbsp (5g) agar powder.
Whisk together and do not touch for 3 minutes. DO NOT TOUCH IT!
6. After three minutes have passed, whisk the cheese mixture in the blender into to the saucepan, whisking as you pour until well incorporated.
7. In a small bowl, add the 2 Tbsp (16g) tapioca starch with 2 Tbsp cold (15 ml) water and whisk with a fork until mixed.
8. While whisking, add the tapioca mixture into the cheese mixture. Cook for 1-2 minutes until the cheese thickens.
9. Add the cheese sauce to the cooked pasta and mix well!
10. Serve immediately or store for later in the fridge!

NUTRITION

Nutrition Facts

High Protein Mac 'n' Cheese

Amount Per Serving

Calories 258	Calories from Fat 36
% Daily Value*	
Fat 4g	6%
Carbohydrates 43.4g	14%
Fiber 9.9g	41%
Protein 19.2g	38%
Vitamin A 2065IU	41%
Vitamin C 8.3mg	10%
Calcium 56mg	6%
Iron 6.6mg	37%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!