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FOR HEALTHY LIVING  
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# Mac-N-Cheese Makeover

YMCA of Northern  
Rock County

**Want to get your kids to eat more vegetables? Here's a tasty way to do it!**

Servings: 4 (approx. 1 cup each)

## Ingredients:

1 large head cauliflower, cut into florets	1/2 teaspoon chili powder, or to taste (optional)
Pinch of salt	Salt and fresh ground pepper, to taste
3/4 cup whole milk (or heavy whipping cream)	2 cups shredded cheddar cheese, divided
3 ounces softened cream cheese, cut into cubes	1 cup shredded mozzarella cheese
1 1/2 teaspoons dried parsley	4 slices bacon, diced and cooked to desired crispiness
1 teaspoon garlic powder	

## Directions:

- Step 1 - Preheat oven to 375°F. Butter a 9x13" baking dish.
- Step 2 - Place 1 inch of water in large pot or large saucepan with a pinch of salt and bring to a boil.
- Step 3 - Add cauliflower florets to boiling water and cook for 8 to 9 minutes, or until crisp tender.
- Step 4 - Drain cauliflower in colander and set aside.
- Step 5 - Pour milk in the same pot that you used for the cauliflower, and set over medium-low heat.
- Step 6 - Add cream cheese to milk and whisk until cream cheese is completely melted.
- Step 7 - Stir in dried parsley, garlic powder, optional chili powder, salt, and pepper.
- Step 8 - Add 1 cup shredded cheddar cheese and 1 cup shredded mozzarella cheese; gently whisk until cheeses have completely melted.
- Step 9 - Add cauliflower florets back into pot and, using a large spoon, gently stir until cauliflower is covered in cheese sauce.
- Step 10 - Transfer cauliflower mixture to prepared baking dish; sprinkle with remaining cheddar cheese.
- Step 11 - Bake, uncovered, for 18 to 20 minutes, or until hot and bubbly.
- Step 12 - While cauliflower is baking, dice bacon and fry to desired crispness.
- Step 13 - Remove casserole from oven and garnish with prepared bacon. Serve.

## Nutritional Information:

Calories: 629  
Fat: 51g  
Carbs: 13g  
Protein: 33g

Recipe courtesy of: <https://diethood.com/keto-mac-and-cheese/>

