

Tuscan Mac and Cheese



Transform a comforting classic into a nutritious and indulgent version with this Tuscan mac and cheese. The light, yet flavorful, low-fat cheese is perfectly balanced by the freshness of the vegetables and the comforting flavors of garlic and paprika. This dish is packed with fiber from the whole-wheat pasta and veggies, while the chicken adds a nice dose of protein.

Serve it with a crisp green salad or a sheet pan of oven-roasted vegetables for a meal the whole family will love.

Preparation 15 min

Cooking 35 min

Servings 8

Nutrition Facts (per serving)

Calories 340

Fat 9

Carbohydrates 33

Fibre 4

Protein 32

Sodium 310

Ingredients

- 227 g (8 oz) whole wheat or legume pasta, uncooked
- Cooking spray

- 2 garlic cloves, finely chopped
- 2 chicken breasts, cut into cubes
- 500 ml (2 cups) finely chopped cauliflower (or frozen riced cauliflower)
- 1 zucchini, diced into small cubes
- 30 ml (2 tbsp) all-purpose flour
- 500 ml (2 cups) 2% milk
- 750 ml (3 cups) fresh spinach
- 250 ml (1 cup) light ricotta cheese
- 250 ml (1 cup) light cheddar cheese, shredded
- 60 ml (¼ cup) grated Parmesan cheese
- 2.5 ml (½ tsp) paprika
- Pepper and salt, to taste

Preparation

1. Bring a large pot of water to a boil. Cook the pasta al dente, removing it 2–3 minutes before the time indicated on the package.
2. In a non-stick skillet, spray a little oil and sauté the onion and garlic over medium heat until tender and lightly golden.
3. Add the chicken and cook for about 5 minutes, or until well browned.
4. Stir in the vegetables and sauté for a few more minutes, until tender.
5. Add the flour and stir well to coat the vegetables and chicken. Cook for 1–2 minutes.
6. Slowly pour in the milk while constantly stirring with a whisk to avoid lumps.
7. Add the drained pasta to the skillet and cook for 5–10 minutes, or until the sauce thickens. Stir in the spinach, ricotta, Parmesan cheese, half of the shredded cheddar, and seasonings. Mix well.
8. Transfer the mixture to an oven-safe dish. Sprinkle the remaining cheddar cheese on top.
9. Broil in the oven for 2–3 minutes, until the cheese is golden and bubbly.

Notes

Keeps for 3 days in the refrigerator or 3 months in the freezer.



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