

# Quinoa Mac 'n Cheese

Serves 4

## Ingredients:

- 1 pkg. quinoa pasta, elbow shape
- 1 Tbsp. unsweetened vanilla almond milk
- 1 tsp. ghee or butter
- ¼ cup low-fat cottage cheese
- ¼ cup non-fat Greek yogurt
- 1/8 tsp. garlic powder
- 1/8 tsp. mustard powder
- ¼ tsp. cayenne pepper
- 1 jalapeño pepper, diced
- ½ cup cheese blend (cheddar, Swiss and American)

## Directions:

Preheat oven to 35 degrees F.

1. Follow package directions to cook quinoa pasta.
2. In food processor, combine almond milk, cottage cheese, Greek yogurt and spices; blend until creamy. Stir in cheese blend.
3. Pour cheese mixture over pasta and stir to combine. Stir in jalapeños. Top with additional cheese.
4. Bake mac and cheese for about 5 minutes or until cheese is melted