



Eat Well

Creamy Greek Yogurt Mac & Cheese

Directions

Cook the macaroni according to the package's instructions (about 8-10 minutes), until tender. Place the spinach leaves in the bottom of the strainer, and pour the pasta over top to drain and wilt the spinach. Save about $\frac{1}{2}$ cup of the pasta water. Return the cooked macaroni and wilted spinach to the pot.

Add about $\frac{1}{4}$ cup of the reserved pasta water to the pot, and stir in the cheese until melted. Stir in the Greek yogurt, onion powder, garlic powder, salt and pepper until smooth and creamy. Stir in the remaining pasta water to thin, if necessary. Serve immediately.

Original recipe from cookingalamel.com

Ingredients

- » 8 oz. elbow pasta (whole wheat preferred)
- » 8 oz. shredded cheddar
- » $\frac{1}{2}$ cup plain Greek yogurt
- » 2 cups fresh spinach
- » salt and pepper, to taste
- » $\frac{1}{4}$ tsp. onion powder
- » $\frac{1}{4}$ tsp. garlic powder

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