



Bacon Mac n Cheese

A scoop of nearly fat free mac n cheese on a cheeseburger

When I set out to make a low calorie, low fat, FAST mac n cheese for this burger, I wanted to go a totally different route than most other recipes. I wanted to get the same texture and creaminess as old-school Kraft mac n cheese, where it's like the cheese powder packets. I didn't want it to require a bunch of melted cheese in heavy cream or half n half... so I had to get a little, dare I say.... Krafty? Seriously people, the cheese sauce only has 4g fat!

Servings Info.:

Yields: 4 burgers

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Serving Size: 1 burger

Points:

| | G | B | P |
|--------------|--|--|--|
| 1 serving = | 4 | 4 | 2* |
| 2 servings = | 9 | 7 | 4* |
| 3 servings = | 13 | 11 | 5* |
| 4 servings = | 17 | 14 | 7* |

(These listed points DO NOT INCLUDE the bun. Use whichever brand buns or bread you want, then add these points. This is what's between the buns. Purple points assume you are using 0 point macaroni.)

Ingredients:

Ground Turkey Patties:

- 1/2 batch of my 'Savory' ground turkey recipe, in my "Cookbook: Volume 1", on page 26. Form into 4 patties.

Quick Mac n Cheese: (yields 1-1/3 cup)

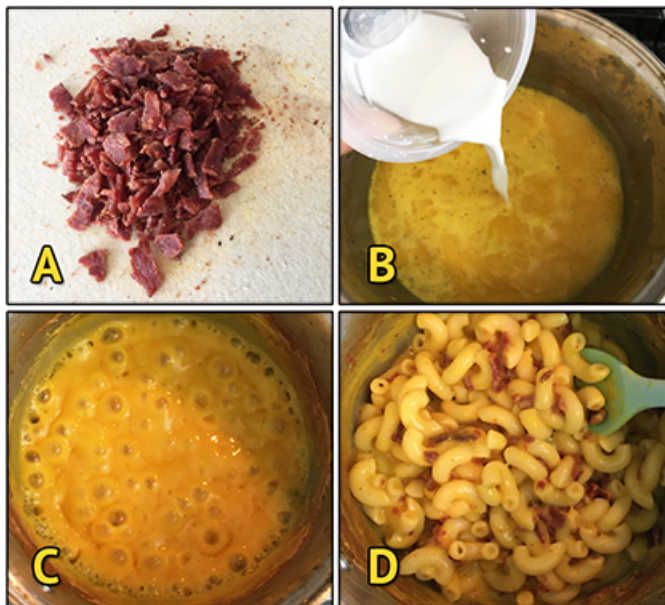
- 2 slices turkey bacon, cooked till crisp (see notes)***
- 3/4 cup chicken broth
- 2 slices fat free american or cheddar cheese slices. I used Borden's Fat Free Cheddar Slices. (see notes)***
- 1/4 tsp salt
- 1/8 tsp turmeric (for color)
- 2 tsp cheese flavored popcorn seasoning (optional)
- 1 Tbsp cornstarch, dissolved in 1 Tbsp water, set aside.
- 1-1/3 cups cooked elbow macaroni noodles. If you're on the purple plan, use 0 point pasta, like whole wheat. (see notes)

Additional Ingredients:

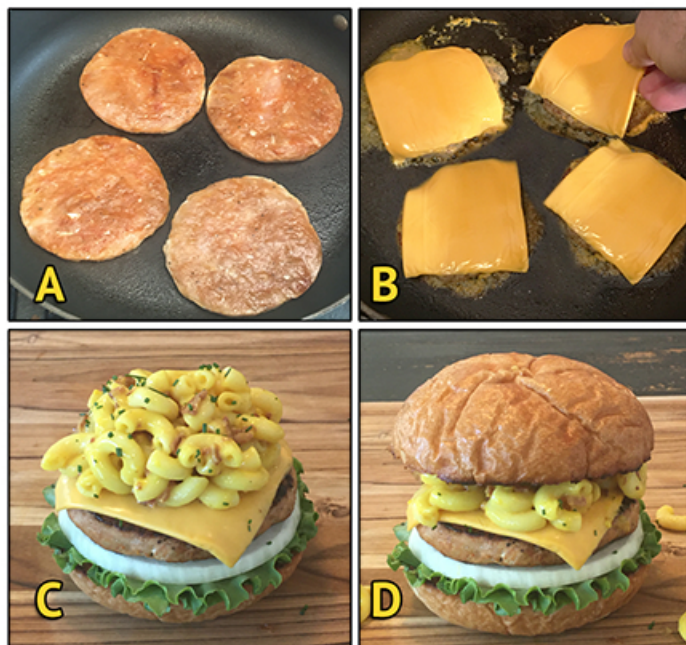
- 4 slices of low point American or cheddar cheese. I used Borden's fat free cheddar slices for my recipe, but you can use any variety, such as Velveeta originals or Great Value brand.
- Lettuce or any preferred green leafy vegetable. @chiafullu likes kale. I prefer 'green leafy' lettuce, it looks best in pics.
- Sliced onion, white or red, your preference.
- Fresh Chives, finely chopped. (optional, for the mac.)

Directions:

- 1 Mix the meat and let it rest for 20 minutes. Form into 4 patties, set aside.



- 2 (A) Use cooking spray to cook bacon until crispy. Set aside so it hardens and cools. Chop into small bits. (B) In a small pot, bring the broth, cheese slices, salt, turmeric and popcorn seasoning (if using) to a low boil, stirring to melt the cheese. Once that is done, stir in the dissolved cornstarch. (C) Bring to a boil over medium heat and stir for 5 minutes. Turn off the heat and (D) stir in the cooked macaroni pasta and crispy bacon pieces. Mix to combine, then cover with lid and set aside. It will thicken more as it cools.



- 3 (A) Heat a large pan over medium heat for 1 minute. Spray with cooking spray, then cook the patties for 2 minutes. Flip the patties, (B) add the cheese slices, then cook for 2 more minutes. (C) To assemble the burgers, Toast your buns, then place some lettuce, then an onion slice onto the bun. Follow that with a burger patty, then place a 1/3 cup scoop of mac n cheese onto the patty. Sprinkle with chopped chives. (D) Scoop some bread out of the top bun, creating a crater, so that it will sit evenly on the mac n cheese. Place the bun on top of the mac, then press down gently. Done.

NOTES & SUGGESTIONS:

- **BACON NATION:** In this recipe, I used 2 points worth of turkey bacon. With the brand that I purchased, that gave me 2 slices. Feel free to use **WHATEVER** kind of bacon you want. Some brands give you more, some give you less. Want center cut pork bacon? Use it. Want Trader Joe's uncured turkey bacon? Awesome! You'll get 4 slices for 1 point! Use what you want, adjust points accordingly.
- **SLICED CHEESE:** I used Borden's Fat Free cheddar cheese slices. They are the lowest point and calorie, melty cheddar or American cheese I've found. However, not every store has them. In this recipe, all 6 slices of cheese, using Borden's FF cheese, are 4 points. In comparison, 6 slices of Velveeta Original slices are 9 points. Using Velveeta instead of the Borden's, raises the points of these burgers by 1 point per burger. If you use any cheese other than the Borden's, adjust your points.
- **CHEESE FLAVORED POPCORN SEASONING:** It's completely an optional ingredient. This sauce is plenty cheesy, but if you'd like an extra punch of cheese flavor, you can add in 2 teaspoons of most all brands of flavored cheese sprinkles. You can find them next to the popcorn in your grocery store. You can also use 'Molly McButter' brand, cheese sprinkles.
- **ELBOW MACARONI:** You Purple plan folks have no idea how jealous I am of you and your 0 point pasta. lol For this recipe, if you're on the purple plan and would like to use 'normal' pasta, use the points listed for the Blue plan. If however, you would like to use 0 point pasta, IE: whole wheat, garbanzo, black bean, whatever... pasta, I calculated the listed Purple points for that. If you DO use your 0 point pasta, feel free to add more cheese into the sauce. Mmmmmmmmmmmmmmmmm.... cheeeese.

