

Kielbasa Mac & Cheese

Elbow Pasta In A Creamy Cheese Sauce With Kielbasa, Mushrooms, Onions & Garlic

This recipe was originally created to go in the Holiday cookbook, as a side dish. However, there is so much awesome packed into this dish, it seemed more like a main course than a side dish. For starters, we have a simple and low point cheese sauce, but then we amp it up with an entire pound of my ground turkey Kielbasa recipe. To that, we add sauteed onions, garlic and a whooole lot of uber-flavorful mushrooms. This ain't-yo-momma's mac 'n cheese. Sorry, Mommas.

Servings Info.:

Yield: 15 cups

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Serving Size: 1 cup

Points:

	G	B	P
1 serving =	5	4	4/(1)
2 servings =	9	9	9/(2)
3 servings =	14	13	13/(4)
4 servings =	19	17	17/(5)

Points listed in red are for the Purple Plan, using 0 point pastas, such as whole wheat.

Ingredients:

- 16oz box elbow macaroni (use whole wheat if on purple)
- 1lb batch of my Kielbasa seasoned ground turkey. Recipe in Cookbook: Volume 1, pg. 30
- 1 large onion, diced. Around 2 cups.
- 16oz sliced mushrooms
- 1 medium garlic clove, chopped
- 1/4 cup water
- salt and pepper to taste

Cheese Sauce Base:

- 2 cans Cambells condensed 'healthy request' cheddar cheese soup (2 cans = 2 cups condensed soup).
- 2 cups fat free chicken broth

Additional Ingredients:

- 1/2 cup reduced fat shredded cheddar cheese
- 1 Tbsp dried parsley flakes
- 3/4 cup Rice Krispies cereal, measured, then crushed
- butter flavored cooking spray

Directions:

1. Mix the ground turkey kielbasa together, cover and set aside.
2. Bring a large pot of water to a boil. Cook the macaroni according to box directions. Drain and set aside.



3. (A) In a large pan, cook the onion and garlic over medium-high heat, with cooking spray, till beginning to soften and turn translucent. Add the kielbasa, break apart. (B) Cook the kielbasa, continuing to break it apart into smaller pieces, till completely cooked through. (C) Add the mushrooms and 1/4 cup water to the pan, then cover and cook over medium heat for 5 minutes. Remove lid, and cook until most liquid has evaporated. Season with salt and pepper to taste. Set pan aside. (D) Heat the cheese sauce ingredients in a small pot, till well mixed. Cook at a low boil for 5 minutes. Remove from heat, set aside.
4. Turn on oven to 400 degrees. Spray a 13"x9" casserole dish with cooking spray, set aside. (I used a 'deep dish' casserole... this baby makes a lot.)



5. In a laaaarge bowl, combine the cooked macaroni with the cheese sauce base, then stir in the cooked kielbasa, mushrooms and onions. Add the cheddar cheese and dried parsley, then mix to combine.



6. Pour the mac and cheese into a 13"x9" casserole dish. Spread the crushed rice krispies cereal over the top of the casserole, then spray with a 0 point amount (*scan your brand*) of butter flavored cooking spray, till well coated.



7. Bake the casserole at 400 degrees for 15-20 minutes, or until the crumb topping is beginning to get brown and toasted. Remove from oven, allow a few minutes to cool before serving. Garnish with fresh chopped parsley or other herbs, if desired.

NOTES & SUGGESTIONS:

- If you are allergic to gluten, you can use chex rice cereal, or any other low point cereal in place of the bread crumbs. Make sure to check that it is, in fact, a gluten free brand though. Adjust points accordingly, if necessary.
- If you would like a bigger 'pop' of cheesy flavor for 0 points, consider adding some cheese flavored popcorn seasoning sprinkles. You can get a few teaspoons for 0 points and it adds a huge punch, without really adding any calories. However, be careful of the added sodium, if on a sodium restrictive diet.
- Remember, if you're on the Purple plan, use 0 point pasta.
- If you don't mind fat free cheese, use it instead of the reduced fat cheddar. You can pack in a buuuuunch more cheese if you go the fat free route. Kraft fat free cheese is usually at Walmart.
- You could use this recipe as a template to build upon and create a large number of flavor variations. Using any of my 10 ground turkey seasonings, for the meat, and subbing the mushrooms and onions for other 0 point filler ingredients.

