

Sweet Potato Mac and Cheese

Yield: 3 servings

Ingredients:

- 1 cup dry macaroni noodles
- 1 tsp. vegetable oil
- ½ tbsp. salted butter
- 2 tbsp. frozen onion
- ¾ tbsp. all purpose flour
- ½ cup vegetable stock
- 3 ounces baked sweet potato
- ½ cup frozen broccoli
- ¼ cup heavy cream
- ½ cup shredded sharp cheddar cheese
- 2 tbsp. grated parmesan cheese
- 1/8 tsp nutmeg
- 1/8 tsp salt
- 1/8 tsp black pepper
- 1 cup shredded rotisserie chicken
- 1/3 cup Italian bread crumbs
- 1 tbsp. butter
- 3 tbsp. chopped sliced almonds

Nutrition Facts	
3 servings per container	
Serving size	1 (257g)
Amount per serving	
Calories	580
% Daily Value*	
Total Fat 29g	37%
Saturated Fat 14g	70%
Trans Fat 0.5g	
Cholesterol 95mg	32%
Sodium 620mg	27%
Total Carbohydrate 52g	19%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 0mcg	0%
Calcium 244mg	20%
Iron 3mg	15%
Potassium 476mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions:

1. Heat 3 quarts of water in a pot to oil for macaroni. Add 1 tsp. salt to the water and boil the macaroni
2. Cook pasta to al dente- or with a bite to it- according to package
3. While the pasta cooks, heat large sauté pan over medium heat. Add oil and butter.
4. When the butter melts into the oil add onion to the pot
5. Sauté onion in butter and oil 1-2 minutes
6. Add flour to onion mixture and cook together another 1-2 minutes
7. Whisk in stock then sweet potato and broccoli until warmed through and sauce is smooth 4-5 minutes
8. Stir in cream and bring sauce to a simmer
9. Stir in cheese while mixing in a figure 8 motion and season the sauce with nutmeg, salt and pepper. Adjust seasonings to taste
10. Drain cooked pasta. Combine pasta and chicken with sauce
11. Mix bread crumbs with butter and almonds
12. Top macaroni and cheese with bread crumb mixture prior to serving