

Asiago Chicken Mac & Cheese

Recipe makes 6 meals

Ingredients

1 lb Boneless Skinless Chicken
Breast, chopped
16 oz 1% Milkfat Cottage
Cheese
12 oz Elbow Macaroni, dry
4 oz Low Fat Sour Cream
3 Garlic Cloves, chopped
1 C Asiago Cheese, shredded
1/4 C Heavy Cream
1 Tbsp Olive Oil, divided
1 Tbsp Butter
1/2 Tbsp Adobo
1/2 Tbsp Garlic Powder
1 tsp Onion Powder
Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 496

Fat - 17g

Carbohydrates - 48g

Protein - 37g

**Estimated Cost
Per Meal**

\$2.53

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Instructions

1. Place your chopped chicken into a large mixing bowl and add in 1/2 Tbsp olive oil, 1/2 Tbsp garlic powder, 1 tsp onion powder, and a little salt to preference. Mix well to coat.
2. In a large skillet, heat 1/2 Tbsp olive oil over medium-high heat. Once your oil is hot, add in your seasoned chicken. Cook for 3-4 minutes on each side or until chicken is cooked through.
3. While your chicken is cooking, in a blender add 16 ounces of 1% milkfat cottage cheese, and 1/2 Tbsp adobo seasoning. Blend until smooth and set aside.
4. Start your pasta and cook according to the instructions on the package. When done, strain, return to the pot, and set aside.
5. When your chicken is done cooking, remove it from the skillet and set it aside.
6. Reduce the heat the medium and in the same skillet, melt 1 Tbsp of butter. Once butter is melted, add in your chopped garlic and cook for about 30 seconds. Add in your blended cottage cheese, and 1/4 cup heavy cream. Mix well and add in your shredded asiago cheese. Cook for a few seconds until cheese is melted then remove from heat.
7. Once everything is done, pour your cheese mixture into the pot with your cooked pasta. Add in 4 ounces of sour cream and your cooked chicken, along with any juices from the chicken. Mix everything together, taste, and add salt and pepper to preference.
8. Divide into 6 equal servings and enjoy!



Notes

- If you want to make this more filling, adding some chopped spinach, broccoli, or even asparagus would go well.
- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.