

## Buffalo Lentil Mac N' Cheese

*The combination of buffalo, cheese, and pasta packs a punch for sure. It is a household favorite here. However, it is hard to find this delicacy for fewer than 500 calories, balanced macronutrients (protein, carbs, and fats), and made with quality ingredients. Thanks to a dear friend, Nicole Roggow, this is no longer an issue! I slightly modified a recipe she created to make a creamy buffalo mac n' cheese that has a great balance of macronutrients, tastes delicious, and is fairly easy to prepare. This recipe also uses lentil pasta, which is a great plant-based protein source! If you need more protein, feel free to top with shrimp or chicken.*

### **Ingredients:**

18 oz	Red lentil rotini pasta (this is usually 2 boxes)
½ cup	Franks buffalo wing sauce
8 oz	1/3 fat cream cheese
1 cup	Low sodium chicken broth
1 tbsp	Garlic powder
8 oz	Part skim Mozzarella cheese

### **Directions:**

1. Cook lentil pasta as directed on the box.
2. While pasta cooks, prepare the sauce by adding the buffalo sauce, chicken broth, cream cheese, and garlic powder in a pan. Simmer over low-medium heat. Whisk frequently. Sauce is done once smooth and thick.
3. Strain pasta noodles and return to the pan. Mix in buffalo sauce.
4. Fold in shredded cheese and keep over low heat until the cheese is melted.
5. Serve hot!

### **Nutrition Facts:**

Servings: 7 servings

Buffalo Lentil Mac N' Cheese		
<b>Nutrition Facts</b>		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	428.4 kcal	21 %
<b>Total Fat</b>	13.4 g	21 %
Saturated Fat	7.4 g	37 %
Trans Fat	0.2 g	
<b>Cholesterol</b>	41.6 mg	14 %
<b>Sodium</b>	768.6 mg	32 %
<b>Total Carbohydrate</b>	50.4 g	17 %
Dietary Fiber	9.1 g	36 %
Sugars	4.1 g	
<b>Protein</b>	29.9 g	60 %
Vitamin A	15 % • Vitamin C	0 %
Calcium	28 % • Iron	34 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		</>