

## FOUR-CHEESE MACARONI WITH CHICKEN

<b>Serves:</b>	<b>Prep Time:</b>	<b>Cook Time:</b>	
<b>Nutrition Score per serving:</b>			
Calories	391	g Protein	38
g Fat	10	% Protein	
% Fat		g Fiber	1
g Carbs	35	mg Sodium	
% Carbs		g Calcium	

### Ingredients

- >> 2 6-oz. skinless chicken breasts
- >> 9 oz. dry macaroni noodles
- >> 3 oz. reduced-fat sharp cheddar cheese
- >> 3 oz. reduced-fat Monterey Jack cheese
- >> 1½ oz. American cheese
- >> 1½ oz. reduced-fat mozzarella cheese
- >> 1 cup fat-free milk
- >> 1 tsp. white pepper

### Directions

**START:** Cook chicken breasts on an indoor or outdoor grill, cut into small pieces and set aside. In a medium saucepan, bring 6 cups of water to a boil. Grate all cheeses and set aside.

**COOK:** Add macaroni to boiling water and reduce heat to medium. Cook about 10 minutes or per package directions. Pour water and macaroni into a strainer, then return macaroni to pan. Add milk, grated cheeses, chopped chicken breast and pepper; cook over low heat, stirring constantly, for about four minutes or until cheeses melt and chicken is warmed through.

— Laura Creavalle

For more info on Laura Creavalle, log onto [clubcreavalle.com](http://clubcreavalle.com)