

## Chicken Bacon Mac 'n Cheese

Total Time: 25 minutes

Yield: 6-8 servings

1-1/3 cups per serving

343 calories

12.2g fat

Saturated fat per serving: 6.5g

Carbs per serving: 31g

Protein per serving: 26g

Fiber per serving: 2g

Sodium per serving: 647mg

*This recipe is taken from the Cooking Light Diet at [www.diet.cookinglight/southernjan](http://www.diet.cookinglight/southernjan). It has all of the flavor of a high calorie dish, lightened up with fewer calories.*

### Ingredients

- 6 oz. uncooked elbow macaroni
- 3 cups pre-chopped broccoli florets
- 3 bacon slices, chopped
- 12 oz. skinless, boneless chicken breasts, cut into 1/2-inch pieces
- 1 tsp. kosher salt, divided
- 1 Tbsp. minced fresh garlic
- 1/8 tsp. ground turmeric
- 1-1/4 cups 1% low-fat milk
- 1 cup unsalted chicken stock (such as Swanson)
- 1/4 cup plus 1 tsp. all-purpose flour
- 5 oz. sharp Cheddar cheese, shredded (about 1-1/4 cups)

### Instructions

1. Preheat broiler to high. Cook pasta according to package directions, omitting salt and fat. Add broccoli to pan during last 2 minutes of cooking. Drain.
2. Cook bacon in a large ovenproof skillet over medium-high heat, stirring occasionally, 4 minutes or until browned. Remove bacon with a slotted spoon, reserve 1-1/2 tsp. drippings in skillet. Sprinkle chicken with 1/4 tsp. salt. Cook chicken in hot drippings 4 minutes. Sprinkle with garlic; cook, stirring occasionally, 2 minutes. Sprinkle with turmeric; cook, stirring often, 30 seconds.
3. Whisk together milk, stock, flour, and remaining salt; add to skillet. Bring to a boil, stirring often. Cook 2 minutes or until thickened. Stir in pasta mixture and 2 oz. cheese. Top with bacon and remaining cheese. Broil 2 minutes.

## Bon Appétit!

(Check out Patti's blog post [here](#))

