



## Roasted Veggie Mac & Cheese



1/4th of recipe (about 1 1/2 cups): 217 calories, 4.5g total fat (2.5g sat. fat), 600mg sodium, 34g carbs, 5.5g fiber, 6g sugars, 11.5g protein

**Prep:** 10 minutes    **Cook:** 30 minutes



More: [Lunch & Dinner Recipes](#), [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Four or More Servings](#)

### Ingredients

2 cups cauliflower florets  
2 cups broccoli florets  
Half of a medium red onion, cut into 1/2-inch-thick slices, rings intact  
1/4 tsp. each salt and pepper  
4 1/2 oz. (about 1 1/4 cups) uncooked high-fiber elbow macaroni  
3 slices 2% milk American cheese  
4 wedges [The Laughing Cow Light Creamy Swiss cheese](#)

### Directions

Preheat oven to 450 degrees. Spray a baking sheet with nonstick spray.

Evenly lay veggies on the baking sheet. Spray with nonstick spray, and sprinkle with salt and pepper. Bake until tender and slightly blackened, 20 - 25 minutes.

Meanwhile, in a medium-large pot, cook pasta per package instructions, about 8 minutes. Drain pasta, and place in a large microwave-safe bowl. Cover to keep warm.

Roughly chop cooked veggies, and add to the bowl.

In a medium microwave-safe bowl, combine cheese slices and cheese wedges, breaking them into pieces. Microwave for 30 seconds. Stir well. Microwave for another 30 seconds, or until cheeses have melted. Stir well, and add mixture to the pasta and veggies.

Thoroughly stir to coat. If needed, microwave until hot. Enjoy!

#### MAKES 4 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.