



BODYBUILDING.COM™

Courtesy of Kevin Alexander @fitmencook

White Turkey Mac and Cheese

Ingredients:

4 slices turkey bacon (nitrate-free, uncured, natural)
4-1/2 oz Ancient Harvest gluten-free quinoa macaroni (or use whole-wheat macaroni)
1-3/4 cup 2% Greek yogurt, divided
2 oz goat cheese
1/2 cup reduced fat mozzarella
1 tbsp garlic paste
Fresh chives
Sea salt & pepper to taste

Directions:

1. Boil quinoa pasta and set aside.
2. Slice bacon into pieces and cook in a nonstick skillet with garlic paste on medium-high heat.
3. Reduce heat to medium and add one cup of Greek yogurt along with the goat cheese, chives, and mozzarella.
4. Cook until the sauce is an even consistency.
5. Let the sauce thicken, then remove from heat.
6. Add macaroni and the rest of the Greek yogurt. Mix.