

# Healthy Mac and Cheese with Greek Yogurt

Yield: 8 min  
Total Time: 7 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-mac-and-cheese-recipe-with-greek-yogurt>

## Ingredients:

- 1 3/4 cups elbow macaroni whole wheat pasta
- 1 pinch salt
- 3 tablespoons butter unsalted, divided
- 1 1/3 cups Monterey Jack cheese shredded
- 1 1/3 cups cheddar cheese shredded
- 1/3 cup Greek yogurt plain
- 1/2 cup whole wheat breadcrumbs

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 50 milligrams
4. Fat: 17 grams
5. Fiber: 1 grams
6. Protein: 13 grams
7. SaturatedFat: 11 grams
8. Sodium: 340 milligrams
9. Sugar: 2 grams

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