

Baked Chicken Mac & Cheese Bites

Ingredients:

- 16 oz (1lb) whole wheat uncooked elbow macaroni
- 1 rotisserie chicken
- 1 packet wonton wrappers
- 2 medium winter or summer squash
- 1 red bell pepper
- 1 medium Vidalia onion, chopped
- ¼ cup all-purpose flour
- ½ cup almond milk
- 1 cup 2% shredded sharp cheddar cheese
- ¼ cup cream cheese
- 1 tablespoon Dijon mustard
- 2 large eggs (optional)
- Salt and pepper to taste
- ¼ teaspoon smoked paprika
- ¼ cup panko bread crumbs
- ¼ cup green onion

Directions:

1. Start by heating a 10 inch sauté pan on medium heat with olive oil. Add diced squash to warm pan and season. Sauté for about 8-10 minutes until squash is tender. Remove from the pan and blend in a blender or food processor. Be careful as hot liquids expand when blending and can be very messy and painful. Use a kitchen towel over your blender in case some liquid comes out of the blender/food processor. Stream in a ¼ cup of the almond milk and reserve for later.
2. In the same sauté pan add diced onion, garlic and red bell pepper. Season and sweat veggies until just translucent (don't brown). Add remaining almond milk and sprinkle in flour (keep stirring to keep flour from clumping. Continue stirring to cook the flour and add in the low fat cream cheese and Dijon mustard. Finish by folding in half the bag of 2% shredded cheddar cheese and shredded white meat chicken.
3. Boil whole wheat elbow macaroni in salted water and drain. Add macaroni to the veggie/chicken mixture and combine. Turn heat off and allow mixture to start to cool.
4. Combine panko, remainder of 2% shredded cheese, a dash of smoked paprika and set aside.
5. Pre heat oven to 350 and lightly spray a cupcake tin with olive oil. Place one wonton wrapper in the bottom of each cupcake well. Spoon one heaping teaspoon of the noodle mixture into each wonton wrapper. Top each with a sprinkle of the panko and cheese mixture and bake for about 10-12 minutes until the top starts to turn golden brown.
6. Remove each bite from the tin and place on a cooling rack. Garnish the top with diced green onion and enjoy!

Amount per Serving: 2 bites

- Total Calories 160
- Total Fat 5g
- Cholesterol 18mg
- Sodium 230mg
- Total Carbohydrates 14g
- Dietary Fiber 5g
- Sugars 1g
- Protein 14g