

**Best
of the
Worst**

Mac 'n' cheese One cup of this creamy comfort food can pack 530 calories and 15 grams of saturated fat—and that's only a side portion. We dish out the same gooey goodness for less than half the calories. By Stephanie Clarke, R.D., and Willow Jarosh, R.D.

MAKE IT

Give it a grown-up spin and...
Save 295 calories

Four-Cheese Pasta With Cauliflower Serves 7

- 1¼ cups skim milk
- 2 tbsp light cream cheese
- 1½ tbsp whole-wheat flour
- ¼ tsp salt
- ¼ tsp freshly ground black pepper
- ¼ tsp garlic powder
- Dash of cayenne pepper (optional)
- ¾ cup shredded cheddar
- ½ cup shredded Monterey Jack cheese
- ¼ cup shredded Parmesan
- ½ tsp Dijon mustard
- 4 cups cooked whole-wheat spiral pasta
- 2 cups chopped cauliflower (about ½ a medium head), steamed

In a medium saucepan, combine milk, cream cheese, flour, salt, pepper, garlic powder and cayenne, if desired. Cook over medium-high heat, stirring, until mixture comes to a slow boil, 5 to 7 minutes. Remove pan from heat; stir in remaining cheeses and mustard until cheese melts. In a bowl, toss pasta with cauliflower; pour cheese mixture over top; stir. Divide pasta evenly among 7 bowls; serve immediately.

THE DISH 235 calories per 1 cup, 9 g fat (5 g saturated), 27 g carbs, 4 g fiber, 14 g protein

Cauliflower fills you up without adding mega calories—leaving room for plenty of cheese!

FAKE IT

Let the box do the work and...
Save 270 calories

Annie's Homegrown Organic Whole Wheat Shells & White Cheddar A cup of these yummy noodles has only 260 calories and 2.5 g of saturated fat, which nixes 12.5 g of artery-clogging saturated fat compared with the high-cal classic version. More heart help: The whole-wheat pasta delivers 5 g of fiber. Plus, Annie's tastes more gourmet than other boxed brands do, and it's free of preservatives and artificial colors.



TAKE IT

Munch on the go and...
Save 370 calories

KFC Macaroni and Cheese (individual size)

This drive-through side is cheesy and delicious, yet there's no danger of overindulging because it comes in a portion-controlled ¾-cup container. It has only 160 calories and 2.5 g of saturated fat. With these stats, you can order grilled chicken and green beans, too. Score!



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