

## **Creamy “Mac”-n-Cheese**

From The Ketogenic Cookbook: Nutritious Low-Carb, High-Fat Paleo Meals to Heal Your Body  
by Jimmy Moore

### **Ingredients**

¼ cup unsalted butter or coconut oil

4 cups very thinly sliced cabbage (about 1 small head) or 1 package “Miracle Noodles”

### **For the Cheese Sauce**

¼ cup (½ stick) unsalted butter

1 ½ ounces cream cheese (about 3 tablespoons)

¼ cup vegetable broth

1 cup shredded sharp cheddar cheese

¼ cup grated Parmesan cheese (about 1 oz)

fine sea salt and fresh ground black pepper

½ cup diced tomato or halved cherry tomatoes, for garnish (optional)

### **Instructions**

Place the butter and sliced cabbage into a saute pan and saute over medium heat until the cabbage is very tender, about 15 minutes, stirring often so it doesn't burn. Remove from heat and set aside (if using Miracle Noodles, place them in a saute pan with the butter to warm for a minute then set aside.)

Make the cheese sauce: In a saucepan, melt the butter over medium heat. Stir in the cream cheese and broth. Cook, stirring constantly, for 2 minutes, or until thickened. Reduce the heat to low, add the cheddar and Parmesan cheeses and cook, stirring frequently, until the cheese is melted. Add salt and pepper to taste.

Remove the cheese sauce from the heat, pour over the cabbage pasta, and stir to combine. Garnish with tomatoes if desired.