

Classic Macaroni Salad

Macaroni salad is perfect for summer time. This wonderful recipe is made a little healthier with a creamy Greek yogurt dressing loaded with vegetables. As colorful as it is delicious, this quick and easy macaroni salad will be a hit at your next barbeque!

Ingredients

- 8 ounces whole wheat dry elbow macaroni
- ½ cup low-fat mayonnaise
- ½ cup nonfat plain Greek yogurt
- 1 ½ Tablespoons white wine vinegar
- 2 teaspoons Dijon mustard
- 2 teaspoons honey
- 2 hard boiled eggs, peeled and chopped
- 1 red bell pepper
- 1 cup matchstick carrots, roughly chopped
- ¾ cup diced celery
- ¼ cup diced red onion
- 1 tablespoon minced fresh parsley
- Salt and freshly ground black pepper



Instruction

- Cook macaroni according to directions on package.
- Drain and rinse with cold water until completely cool. Let it drain very well.
- In a medium mixing bowl stir together mayonnaise, Greek yogurt, vinegar, mustard, honey and season with salt and pepper to taste.
- Add well drained macaroni to a large mixing bowl along with eggs, bell pepper, carrots, celery and onion (If you like to add more color to your salad, set aside some of the veggies to sprinkle over the top).
- Pour dressing over top, add in parsley and toss mixture to evenly coat. Serve or store in refrigerator.

Nutrition Facts	
Serving Size: 1/2 cup (0.0g)	
Servings Per Container: 8	
Amount Per Serving	
Calories 200	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 210mg	9%
Total Carbohydrate 25g	8%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 7g	
Vitamin A 60%	• Vitamin C 45%
Calcium 4%	• Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet.	