

Lightened Up American Macaroni Salad

Serves: 6

Adapted from: <https://www.foodnetwork.com>

Items Needed: colander, cutting board, kitchen knife, measuring cups, measuring spoons, large bowl, small bowl, whisk, wooden spoon

Ingredients:

2 c. dry whole wheat elbow macaroni, cooked, rinsed, and drained
1/3 c. diced celery
1/4 c. minced red onion, soaked in cold water for 5 minutes, drained
1 tablespoon minced flat-leaf parsley
1/2 c. diced vine-ripened tomato
1/2 c. nonfat plain Greek yogurt
3/4 tsp dry mustard
1 1/2 tsp sugar
1 1/2 TB cider vinegar
3 TB sour cream
1/2 tsp kosher salt, plus more to taste
1/4 tsp Freshly ground black pepper

Directions:

1. In a large bowl combine the macaroni, celery, onion, parsley and tomato.
2. In a small bowl, whisk together the Greek yogurt, mustard, sugar, vinegar, sour cream, salt, and pepper
3. Pour the dressing over the salad and stir to combine.
4. Serve and enjoy!

Nutrition Information (per 3/4 cup serving):

Calories: 186 Fat: 2.5 g Carbs: 30 g Protein: 7 g Fiber: 4 g **Sodium:** 329 mg

Provide the above nutrition specs. If not provided from your recipe source, use USDA food composition database located at <https://ndb.nal.usda.gov/ndb/>

Recipes are sent to Lauren Battista and the demo kitchen at Giant Eagle with logos to be added by the Giant Eagle marketing group. **Ensure final proof before copies are made include the Medical Center logo, the Wellness Office logo and the Giant Eagle Market District logo, RD name and credentials doing the demo.**