



Healthier Macaroni Salad

Yield: 12 servings | Prep Time: 5 minutes | Cook Time: 10 minutes
Additional Time: 30 minutes | Total Time: 45 minutes

INGREDIENTS:

8 oz. elbow noodles

1 cup Light Mayo

1/2 cup Nonfat Greek Yogurt

2 tsp. Apple Cider Vinegar

2 tbsp. reserved pasta water

1 tsp. sugar

1/4 tsp celery seed

1/3 cup red pepper, finely diced (about 1/2 a pepper)

1/3 cup celery, finely diced (about 2 celery stalks)

1/3 cup carrots, shredded (about 1 large carrot)

kosher salt

INSTRUCTIONS:

1. Boil pasta in salted water per directions on the box. Reserve some pasta water for the dressing.
2. In a large bowl, whisk mayo, Greek yogurt, apple cider vinegar, sugar, celery seed, and pasta water until smooth.
3. Add cooked pasta, red peppers, carrots, and celery. Stir to coat everything.
4. Allow to cool and store in the refrigerator until cool. This tastes good once mixed but even better the next day.

NUTRITION INFORMATION PER SERVING:

Serving: 1/2 cup | Calories: 91 | Total Fat: 1g | Saturated Fat: 0g | Trans Fat: 0g | Unsaturated Fat: 0g

Cholesterol: 1mg | Sodium: 37mg | Carbohydrates: 15g | Net Carbohydrates: 13g | Fiber: 2g | Sugar: 2g

Protein: 6g