



Creamy Dreamy Macaroni Salad



1/8th of recipe (about 1 cup): 144 calories, 3.5g total fat (0.5g sat. fat), 341mg sodium, 21.5g carbs, 3.5g fiber, 3.5g sugars, 6g protein

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Prep: 20 minutes **Cook:** 15 minutes

Chill: 1 hour



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Ingredients

Salad

6 oz. (about 1 2/3 cups) uncooked whole-wheat elbow macaroni
2 cups bagged broccoli cole slaw
1 cup chopped celery
1 cup chopped red bell pepper
1/4 cup chopped onion
2 tbsp. sweet pickle relish
6 large hard-boiled egg whites, chopped

Dressing

1/4 cup plus 2 tbsp. light mayonnaise
1/4 cup Dijon mustard
1 1/2 tbsp. white vinegar
1/8 tsp. black pepper
1/8 tsp. salt
1 no-calorie sweetener packet (like Truvia)
Optional seasonings: additional salt and black pepper

Directions

In a medium-large pot, cook pasta per package instructions, about 8 minutes. Drain well, and transfer to a large bowl.

Once pasta is cool, add remaining salad ingredients to the bowl. Stir to mix.

Combine all dressing ingredients in a medium bowl. Mix until uniform.

Add dressing to the salad, and toss to coat. Refrigerate for at least 1 hour, until completely chilled.

MAKES 8 SERVINGS

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