

**LOW
SALT**

PREP/TOTAL TIME

Prep: 35 min. +
chilling

YIELD 10 servings

NUTRITION FACTS

One serving
(3/4 cup) equals:

234 calories
8 g fat
2 g saturated fat
31 mg cholesterol
246 mg sodium
32 g carbohydrate
2 g fiber
8 g protein

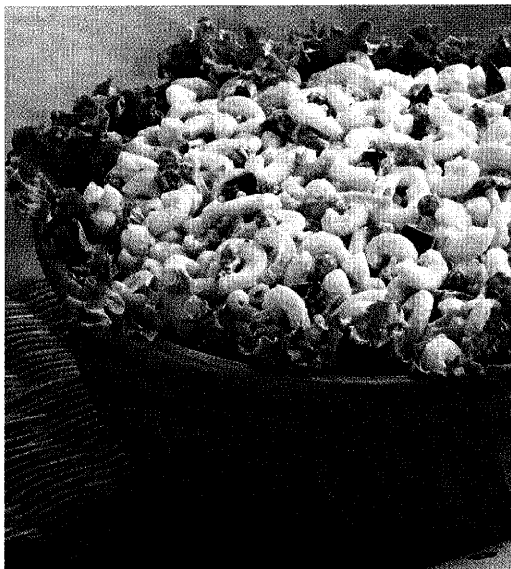
**DIABETIC
EXCHANGES**

2 starch
1-1/2 fat

Veggie Macaroni Salad

When I bring this super salad to our church dinners, there's usually nothing left to take home. Toss in 2 or 3 cups of cooked turkey or chicken to create a filling main-dish.

Lynn Cole, Sagle, Idaho



- 2 cups uncooked elbow macaroni
- 1 large tomato, seeded and chopped
- 1 cup frozen peas, thawed
- 1/2 cup shredded reduced-fat cheddar cheese
- 1/2 cup chopped celery
- 1 hard-cooked egg, chopped
- 2 green onions, sliced

DRESSING:

- 3/4 cup reduced-fat mayonnaise
- 1 cup fat-free plain yogurt
- 2 tablespoons sugar
- 1 tablespoon prepared mustard
- 1/8 teaspoon celery seed

1. Cook macaroni according to package directions; drain and rinse in cold water. In a large bowl, combine the macaroni, tomato, peas, cheese, celery, egg and onions.
2. In a small bowl, combine the dressing ingredients. Pour over macaroni mixture and toss to coat. Refrigerate until serving.