

Market District Demo Recipes

Side Dish



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Lightened Up American Macaroni Salad

Serves: 6

Modified from: www.FoodNetwork.com

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

Ingredients:

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