

Macaroni Salad

This quick and simple recipe helps you meet your fibre requirement by using whole wheat pasta, carrots and celery. Including fibre and whole grains in your diet may help you maintain your weight and reduce your risk of chronic diseases.



Ingredients:

3 cups	Whole grain macaroni pasta or any other small pasta	750 mL
4 medium	Carrots, shredded	4 medium
4 stalks	Celery, minced	4 stalks
1 cup	Cheddar cheese, diced	250 mL
½ cup	Plain 1% M.F. yogurt	125 mL
¼ cup	Ranch dressing	60 mL
1 Tbsp	Onion flakes, dried	15 mL
½ tsp	Garlic powder	2 mL
½ tsp	Black pepper	2 mL

Directions:

1. In a large pot, cook pasta according to package directions. Drain well and return to pot.
2. Add carrot, celery and cheese to pasta.
3. In a small bowl, measure yogurt, ranch dressing, onion flakes, garlic powder and black pepper. Mix well and add to pasta
4. Mix pasta salad gently. Refrigerate before serving
5. Serve pasta salad cold as a snack or as a side dish

Makes 8 servings (250 mL/ 1 cup/ 193 g)

Macaroni Salad

Nutrition Facts

Per 1/8 of recipe (250 mL/ 1 cup/ 193 g)

Amount	% Daily Value
Calories 250	
Fat 9 g	14 %
Saturated 4 g	20 %
+ Trans 0 g	
Cholesterol 20 mg	
Sodium 200 mg	8 %
Carbohydrate 34 g	11 %
Fibre 4 g	16 %
Sugars 4 g	
Protein 11 g	
Vitamin A	30 %
Vitamin C	6 %
Calcium	15 %
Iron	10 %

Nutrient Claim	Amount per serving
Very high in fibre	4 g
Source of potassium	263 mg
High in calcium	168 mg
High in magnesium	45 mg
Source of folate	15 mcg
Source of iron	1.5 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1
Grain Products	1 ½
Milk and Alternatives	0
Meat and Alternatives	0

This is a Choose Sometimes recipe (Mixed Dish–Vegetarian) according to the Alberta Nutrition Guidelines.