

Macaroni Salad

Macaroni Salad is a delightful side dish filled with healthy whole grain macaroni, fresh carrots, sweet fresh onions, and red and green peppers!

CACFP Home Childcare Crediting Information

$\frac{3}{4}$ cup ($\frac{1}{2}$ cup and $\frac{1}{4}$ cup measuring cups or 6 oz spoodle) provides $\frac{1}{4}$ cup vegetable ($\frac{1}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable), and 1 oz equivalent grains.



Preparation Time: 15 minutes

Cooking Time: 30 minutes

Makes: 6 servings

Ingredients

- 2 cups Water
- 1 $\frac{1}{2}$ cups or 7 oz Whole-grain elbow macaroni
- $\frac{1}{2}$ cup or 3 oz Low-fat mayonnaise
- 1 Tbsp or $\frac{1}{2}$ oz White vinegar
- $\frac{1}{4}$ cup or 2 oz Sugar
- 1 Tbsp or $\frac{1}{2}$ oz Mustard
- $\frac{1}{3}$ cup or 2 oz Fresh red bell peppers, diced
- $\frac{1}{3}$ cup or 2 oz Fresh green bell peppers, diced
- 1 Tbsp Canned pimientos, diced, drained
- $\frac{1}{2}$ cup or 2 $\frac{1}{2}$ oz Fresh carrots, finely diced
- $\frac{1}{2}$ cup or 2 oz Fresh celery, diced
- $\frac{1}{3}$ cup or 1 $\frac{1}{2}$ oz Fresh red onions, diced
- $\frac{1}{4}$ tsp Salt
- $\frac{1}{4}$ tsp Ground black or white pepper
- $\frac{1}{4}$ tsp Paprika

Directions

- 1 Heat water to a rolling boil.
- 2 Slowly add macaroni. Stir constantly until water boils again. Cook about 10-12 minutes or until al dente (firm to taste). Stir occasionally. **DO NOT OVERCOOK.** Drain well. Set aside for step 4.
- 3 Dressing: Combine mayonnaise, vinegar, sugar, and mustard in a small bowl. Stir well. Set aside for step 5.
- 4 Combine macaroni, bell peppers, pimientos, carrots, celery, onions, salt, and pepper in a large bowl. Stir well.
- 5 Pour the prepared dressing over vegetable and pasta mixture. Stir well.
- 6 Transfer macaroni salad to a large salad bowl.
- 7 Critical Control Point: Cool to 40 °F or lower within 4 hours.
- 8 Critical Control Point: Hold at 40 °F or below.
- 9 Keep the salad refrigerated or store at a cool temperature of 40 °F or lower until ready to serve.
- 10 Garnish with paprika.
- 11 Serve $\frac{3}{4}$ cup (portion with $\frac{1}{2}$ cup and $\frac{1}{4}$ cup measuring cups or portion with 6 oz spoodle).

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 197, Protein 6 g, Carbohydrates 40 g, Dietary Fiber 4 g, Total Sugars 12 g, Total Fat 3 g, Saturated Fat 1 g, Cholesterol 4 mg, Sodium 261 mg, Vitamin A 125 mcg RAE, Vitamin C 19 mg, Vitamin D 0 IU, Calcium 27 mg, Iron 1 mg, Potassium 108 mg

