

HEALTHY RECIPE

“Light Macaroni Salad”

Here's a lighter version of the macaroni salad recipe to use this summer when you fix'n up a side dish for your next cookout. By using half light mayonnaise and half fat-free sour cream for the dressing instead of 1 cup real mayo and 1/2 cup real sour cream, the mac salad becomes lighter in an instant. From there, you have several options. You can use either petite peas or green soybeans (edamame). You can use whole-grain-blend macaroni, or you can cook the white kind until soft. You can add diced ham, or leave it out and keep the dish lacto-vegetarian.



Ingredients:

1 pound elbow macaroni (use whole-grain blend pasta to boost the fiber and phyto-nutrients, if desired)
1 1/4 cups partially thawed frozen petite peas or lightly cooked, shelled edamame (green soybeans)
3 celery stalks, thinly sliced
4 scallions or green onions, white and part of green, thinly sliced diagonally
6 ounces lean ham, cut into 1/4-inch dice (optional)
3/4 cup light mayonnaise
3/4 cup fat-free sour cream (or use light sour cream)
1 teaspoon white wine vinegar (or use rice wine vinegar or cider vinegar)
1 teaspoon sugar
1/4 teaspoon ground nutmeg
1/4 teaspoon freshly ground salt (optional)
Freshly ground pepper to taste

Directions:

- Bring a large pot of water to a rolling boil. Add macaroni and cook until soft (7-8 minutes). Drain in colander and rinse with cold water. Transfer noodles to a large bowl. Cover the bowl with plastic wrap or a lid and refrigerate until completely cool.
- Add peas or edamame, sliced celery, scallions, and ham (if desired) and toss to blend.
- In small bowl or 4-cup measure, whisk together light mayonnaise, sour cream, vinegar, sugar, nutmeg, and 1/4 teaspoon salt (if desired). Spoon over macaroni mixture and stir to blend. Season with pepper to taste. Cover bowl and refrigerate until ready to serve.

Nutrition Facts:

Per serving: 254 calories, 10 g protein, 42 g carbohydrate, 5 g fat, 1.5 g saturated fat, 0.4 g monounsaturated fat, 3 g polyunsaturated fat, 6 mg cholesterol, 2.5 g fiber, 132 mg sodium. Calories from fat: 17%.

Yield: 10 servings