



Macaroni Pasta Salad

Ingredients

- 1 lb pasta of choice
- ½ cup low fat mayonnaise (olive oil based if possible)
- ½ cup plain yogurt
- ¼ cup vinegar
- 1 tsp dijon mustard
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 carrots, shredded
- 2 celery stalks, diced
- 1 red bell pepper, diced

Directions:

1. Cook the pasta according to box instructions; Allow to cool
2. Prepare the dressing: Add mayonnaise, yogurt, vinegar, mustard, and spices until well combined and smooth
3. Transfer all of the pasta to a large bowl; Add carrots, celery and bell pepper
4. Toss with dressing until well coated
5. Enjoy at room temperature or serve chilled; Store leftovers in the fridge for 3-5 days

Equipment

Pot
Large bowl
Medium bowl

Cost: \$ \$

Ease: 

Health Benefit: Vegetables like carrots, celery, and red pepper contain fiber and many nutrients for overall health and longevity. Yogurt contains protein for healthy bones.

Fare  Meals
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