

HEALTHY MACARONI SALAD

INGREDIENTS

- 2 C** Macaroni (dry) (elbow) (cooked) (rinsed) (drained)
- 1/3 C** Celery (diced)
- 1/4 C** Onion (red) (soaked in cold water for 5 minutes) (drained)
- 1 T** Parsley (flat leaf)
- 1/2 C** Tomato (optional)
- 1/2 C** Mayonnaise (Smart Beat - fat free) **OR** Vegenaise
- 3/4 t** Mustard (dry)
- 1 1/2 t** Sugar substitute
- 1 1/2 T** Vinegar (apple cider)
- 3 T** Sour cream (low fat)
- 1/2 t** Kosher salt (to taste)
- Freshly ground black pepper



DIRECTIONS

- 1 In a large bowl combine the macaroni, celery, onion, parsley & tomato, if using
- 2 In a small bowl, whisk the mayo or vegan substitute, sugar substitute, vinegar, sour cream & salt
- 3 Pour the dressing over the salad & stir to combine
- 4 Season with salt & pepper to taste
- 5 Stove covered in the refrigerator until serving

NOTES

- 1 6 servings
- 2 Can store in the refrigerator for 3 days
- 3 Vegan mayonnaise options pictured below

