

WebMd's Macaroni Salad

Journal as: 1/2 cup vegetables without added fat + 1/2 cup "starchy foods with 1 tsp fat"

Here's a lighter version of the macaroni salad recipe featured on Martha Stewart's web site. I used 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. 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 al dente. You can add diced ham, or leave it out and keep the dish lacto-vegetarian.

1 pound elbow macaroni (use whole-grain blend pasta to boost the fiber and phytonutrients, 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

- Bring a large pot of water to a rolling boil. Add macaroni and cook until al dente (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.

Yield: 10 servings

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%.