



Cornell University Cooperative Extension

9/14

Vegetable Macaroni Salad

Ingredients:

- 8 ounces cooked macaroni noodles *- use whole wheat pasta for more fiber*
- 1/2 cup light Italian herb dressing
- 2 tablespoons onions chopped fine
- 1/2 cup celery sliced thin
- 1 cup red or green bell peppers, chopped
- 1 cup broccoli florets, lightly steamed
- 1 cup cherry tomatoes (sliced in half if desired)
- 1/2 cup carrots, sliced thin
- 1/2 cup black olives, sliced
- 1 cup cucumbers, diced

Directions:

1. Combine cooked, cooled macaroni with chopped and sliced vegetables.
2. Pour Italian dressing over salad, toss to coat.
3. May refrigerate for an hour or two to blend flavors, or may be served immediately.

Yields about 8 servings

Source: Cayuga County Cooperative Extension

Nutrition Facts																															
Serving Size 1/8 recipe																															
Servings Per Recipe 8																															
Amount Per Serving																															
Calories	140	Calories from Fat	20																												
% Daily Value *																															
Total Fat	2g		3%																												
Saturated Fat	0g		0%																												
Trans Fat	0g																														
Cholesterol	0mg		0%																												
Sodium	340mg		14%																												
Total Carbohydrate	26g		9%																												
Dietary Fiber	2g		8%																												
Sugars	3g																														
Protein	5g																														
Vitamin A	29%	Vitamin C	36%																												
Calcium	1%	Iron	0%																												
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.																															
<table> <tr> <td></td><td>Calories:</td><td>2000</td><td>2,500</td></tr> <tr> <td>Total Fat</td><td>Less than</td><td>65g</td><td>80g</td></tr> <tr> <td>Saturated Fat</td><td>Less than</td><td>25g</td><td>25g</td></tr> <tr> <td>Cholesterol</td><td>Less than</td><td>300mg</td><td>300mg</td></tr> <tr> <td>Sodium</td><td>Less than</td><td>2,400mg</td><td>2,400mg</td></tr> <tr> <td>Total Carbohydrate</td><td></td><td>300g</td><td>375g</td></tr> <tr> <td>Dietary Fiber</td><td></td><td>25g</td><td>30g</td></tr> </table>					Calories:	2000	2,500	Total Fat	Less than	65g	80g	Saturated Fat	Less than	25g	25g	Cholesterol	Less than	300mg	300mg	Sodium	Less than	2,400mg	2,400mg	Total Carbohydrate		300g	375g	Dietary Fiber		25g	30g
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14.3% calories from fat																															
Nutrition facts based on standard recipe using green bell peppers.																															

Eat Smart New York!



ESNY

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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