



## Creamy Dreamy Macaroni Salad



1/8th of recipe (about 1 cup): 144 calories, 3.5g total fat (0.5g sat. fat), 341mg sodium, 21.5g carbs, 3.5g fiber, 3.5g sugars, 6g protein

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**Prep:** 20 minutes   **Cook:** 15 minutes

**Chill:** 1 hour



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### Ingredients

#### Salad

6 oz. (about 1 2/3 cups) uncooked whole-wheat elbow macaroni  
2 cups bagged broccoli cole slaw  
1 cup chopped celery  
1 cup chopped red bell pepper  
1/4 cup chopped onion  
2 tbsp. sweet pickle relish  
6 large hard-boiled egg whites, chopped

#### Dressing

1/4 cup plus 2 tbsp. light mayonnaise  
1/4 cup Dijon mustard  
1 1/2 tbsp. white vinegar  
1/8 tsp. black pepper  
1/8 tsp. salt  
1 no-calorie sweetener packet (like Truvia)  
Optional seasonings: additional salt and black pepper

### Directions

In a medium-large pot, cook pasta per package instructions, about 8 minutes. Drain well, and transfer to a large bowl.

Once pasta is cool, add remaining salad ingredients to the bowl. Stir to mix.

Combine all dressing ingredients in a medium bowl. Mix until uniform.

Add dressing to the salad, and toss to coat. Refrigerate for at least 1 hour, until completely chilled.

#### MAKES 8 SERVINGS

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