Vegetable Macaroni Salad
Makes 8 servings

Ingredients:
8 ounces cooked macaroni noodles
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

Note: Use low fat dressing if possible.

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.

Source: Cayuga County Cornell Cooperative Extension

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Nutrition Facts

8 servings per container
Serving size 1 cup (131g)

Amount per serving
Calories 140
%

Total Fat 7g 9%
Saturated Fat 0g 0%
Trans Fat 0g 0%
Cholesterol 0mg 0%
Sodium 330mg 14%
Total Carbohydrate 17g 6%
Dietary Fiber 1g 4%
Total Sugars 5g Includes 0g Added Sugars 0%
Protein 3g

Vitamin D 0mcg 0%
Calcium 25mg 2%
Iron 1mg 6%
Potassium 191mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

45% calories from fat