

LiveWell

## Macaroni salad

Yield: 6 servings



### Ingredients:

2 cups uncooked elbow chickpea pasta  
1/2 cup plain fat-free Greek yogurt  
1/2 cup low-fat mayonnaise  
1 1/2 teaspoons granulated sugar  
1 teaspoon black pepper  
3/4 teaspoon ground mustard  
2 Tablespoons sweet relish  
1/2 cup chopped red bell pepper  
1/4 cup minced yellow onion  
2 hard-boiled eggs, chopped

### Directions:

1. In a medium saucepan, bring 5 cups of water to boil.
2. Add chickpea pasta and cook for 7 minutes, stirring occasionally.
3. In a medium bowl, whisk together yogurt, mayonnaise, sugar, black pepper, ground mustard, and sweet relish.
4. Add red pepper, yellow onion and hard-boiled eggs to mixture. Fold in chickpea pasta.
5. Stir to combine.

### Nutrition information per serving:

Calories: 185	Carbohydrates: 21 grams	Food exchanges:
Fat: 8 grams	Fiber: 2.5 grams	1 carbohydrate
Saturated fat: 1.5 grams	Protein: 10 grams	1 vegetable
Cholesterol: 52 mg		1 fat
Sodium: 168 mg		