

Classic Macaroni Salad

Adapted from Allrecipes.com

Ingredients:

4 cups uncooked elbow macaroni
 ¾ cup mayonnaise
 ¼ cup white vinegar
 2 ½ Tablespoons yellow mustard
 1 ½ teaspoons salt; ½ teaspoon pepper
 ½ cup granulated sugar
 1 large onion, chopped
 2 stalks celery, chopped
 1 green bell pepper, chopped
 ¼ cup grated carrot
 2 Tablespoons chopped pimento peppers (optional)

Serves: 8

Prep: 20 minutes Cook: 10 minutes

Ready in: 4 hours 30 minutes

Tips & Facts:

- Use whole wheat pasta for added nutrition and fiber
- Use part mayonnaise and part olive oil for more heart healthy fat

Nutrition Facts (per serving):

Calories: 263 cal

Carbohydrates: 33.5g

Total Fat: 12.5 g

Protein: 3.9 g

Fiber: 1.8 g

Cholesterol 4.6 mg

Sodium: 89.6mg

Directions:

1. Bring a large pot of slightly salted water to a boil. Add pasta and cook about 8 minutes, until tender. Rinse under cold water and drain.
2. In a large bowl, mix together mayonnaise, vinegar, sugar, mustard, salt and pepper. Stir in the onion, celery, green pepper, carrot, pimentos and pasta. Refrigerate at least 4 hours before serving but preferably overnight

Cost Analysis

Ingredients	Cost of Ingredients	Cost of Quantity Needed for Recipe
Elbow pasta	.88/lb.	.88
Mayonnaise	\$2.50/ 30 oz.	.64
White vinegar	\$1.69/32 oz.	.10
Granulated sugar	\$1.99/ 2 lb.	.25
Yellow mustard	\$1.09/ 8 oz.	.06
Onion	.99	.99
celery	\$1.99/bunch	.40
Green bell pepper	.89	.89
Carrot	\$1.29	.12
Pimento	\$1.79	.28
TOTAL	\$15.10	\$4.61 cost per serving: .57