



Classic Macaroni Green Pea Salad



Ingredients

Adapted from (*pamsdailydish*)

- 2 cups cooked elbow macaroni - 1 cup uncooked
- 1/2 cup diced celery
- 1/4 cup chopped red onion
- 1-2 tsp sugar to taste
- 2 tsp white vinegar
- 1/2 tsp coarse sea or kosher salt
- 1/2-1 tsp yellow mustard
- 1/2- 3/4 cup mayo
- 1/4 tsp ground pepper, white or black
- 2 tsp dried dill
- 1/2-3/4 cup frozen green peas, thawed slightly



Directions



Yield: 4 Serving size: 1 cup

Total cost: \$5.97 Serving cost: \$1.49

1. Cook macaroni as indicated on package. Drain and rinse under cold water. Drain again.
2. In a large mixing bowl, combine all other ingredients except peas.
3. When completely combined, gently fold in peas to dressing mixture, leaving out a few for garnish.
4. Top with remaining peas and a bit more dill for garnish.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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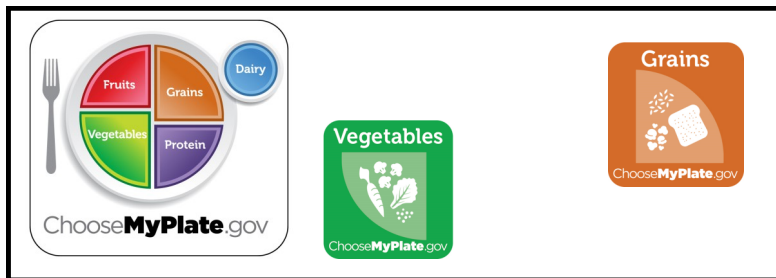
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Fast Facts



Featured Food Groups



Cooking Tips



- Use canned peas instead of frozen!
- Try adding other vegetables you like
- Great as a side dish, pair with other dishes to hit all the food groups!
- Add cheese as a garnish

Second Harvest is an equal opportunity provider.

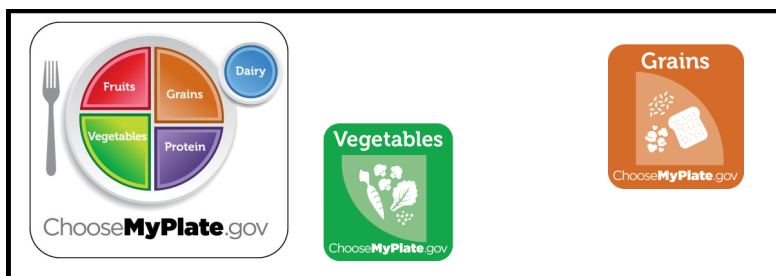
Nutrition Facts	
4 servings per container	
Serving size	1 cup (1g)
Amount Per Serving	
Calories	240
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.08g	5%
Trans Fat 0g	
Polyunsaturated Fat 3.37g	
Monounsaturated Fat 1.35g	
Cholesterol 5mg	2%
Sodium 460mg	20%
Total Carbohydrate 39g	14%
Dietary Fiber 6g	21%
Total Sugars 6g	
Includes 1g Added Sugars	2%
Protein 9g	18%
Vitamin D 0mcg	0%
Calcium 54.6mg	4%
Iron 2.538mg	15%
Potassium 287mg	6%
*The % Daily Value (DV) 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.	



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