

Classic Salmon Macaroni Salad: 25 Minute Meal



INGREDIENTS:

2/3 cup low-fat mayonnaise or salad dressing
1/3 cup plain yogurt
1-1/2 teaspoons lemon-pepper seasoning
1 teaspoon each dried onion and dill weed
1 teaspoon lemon juice
1/2 teaspoon salt
1 package (12 oz.) elbow macaroni or small shell pasta
1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional pack salmon OR 2 cans or pouches (6 oz. each) skinless, boneless salmon, drained and chunked
1 cup diced celery
2 Tablespoons fresh chopped chives or
2 stalks green onions, sliced

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DIRECTIONS:

Dressing: In small bowl, blend mayonnaise, yogurt, lemon-pepper, dried onion, dill weed, lemon juice, and salt.

Salad: Cook pasta according to package directions until just firm to bite. Drain, rinse in cold water. In large bowl, add pasta, salmon, celery, and chives. Pour dressing over pasta. Stir to blend. Cover and refrigerate several hours to blend flavors. Makes 4 main course or 8 side dish servings.

NUTRITIONAL INFORMATION:

Nutrients per serving: 378.9 calories, 15g total fat, 3.2g saturated fat, 36% calories from fat, 68.3mg cholesterol, 26.3g protein, 33.7g carbohydrate, 1.7g fiber, 1038.3mg sodium, 279.6mg calcium and 2.5g omega-3 fatty acids.