

A Kansas SNAP-Ed *EZ Does it* Recipe

Ham and Pasta Salad



Servings: 6

Ingredients:

- 2 cups macaroni (uncooked)
- 4 tablespoons light mayonnaise
- 1 small onion (chopped)
- 2 stalks celery (chopped)
- 1 green pepper (chopped)
- 1 teaspoon mustard
- 1 teaspoon garlic powder
- ¼ teaspoon black pepper
- 6 ounces ham (cubed, about 1 cup)



Remember to wash your hands with soap and warm water before and after cooking.

Directions:

1. Cook macaroni according to package directions. Rinse with cold water until macaroni is cool.
2. Combine all ingredients in a large bowl, mixing well.
3. Refrigerate for at least 1 hour before serving.

Nutrition Facts: Each one-cup serving provides 220 Calories, 6g Total Fat, 1g Saturated Fat, 430mg Sodium, 29g Total Carbohydrate, 2g Dietary Fiber, 10g Protein

