

## Hearty Macaroni Salad

Preparation time	20 minutes
Cooking time	20 minutes
Servings	5
Cost per serving	\$1.52
Storage	3 days in the fridge
Kitchen tools	Measuring cups and spoons, cutting board, vegetable peeler, sharp knife, grater, large pot, wooden spoon, slotted spoon, colander, 2 large bowls, small bowl, fork



### Ingredients



10 eggs



60 ml (¼ cup) mayonnaise



250 ml (1 cup) grated cheddar cheese

OR  
750-875 ML  
[3-3½ CUPS]  
COOKED  
MACARONI



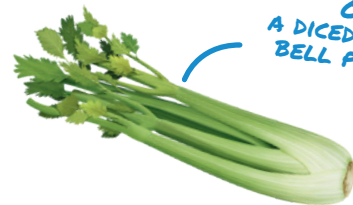
500 ml (2 cups) dry macaroni



45 ml (3 tbsp) apple cider vinegar



30 ml (2 tbsp) canola oil



3 celery sticks, finely chopped

OR  
A DICED GREEN  
BELL PEPPER



2 carrots, peeled and grated

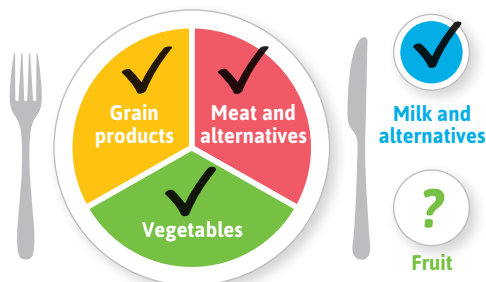


2 large dill pickles, chopped



Salt and pepper to taste

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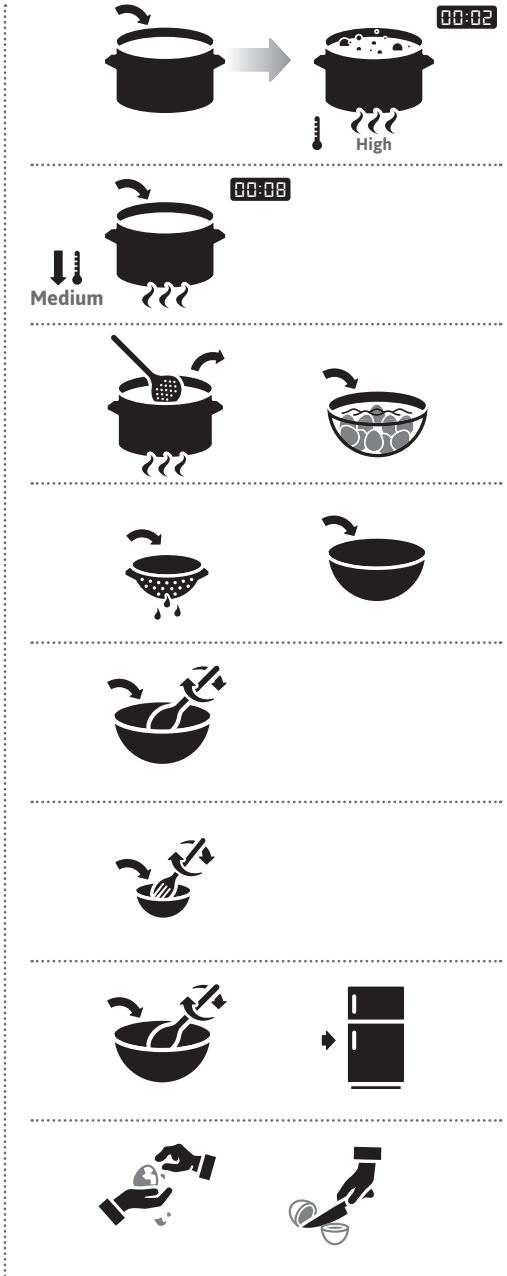
### Balanced plate

Serve with:

- ? Vegetables (raw vegetables, for example) to round out the serving, and a fruit
- ? A glass of milk or fortified soy beverage

# Directions

- 1 Place the **eggs** in a large pot of **salted water** and bring to a boil over high heat.
- 2 Once the water has boiled for 2 minutes, add the **macaroni** and boil again for 8 minutes over medium heat.  
**Tip:** Use the cooking time to prepare your side dishes.
- 3 Remove the **eggs** with a slotted spoon and place them in a large bowl of cold water to stop the cooking process. Set aside.
- 4 Immediately drain the **macaroni** and place in another large bowl.
- 5 Add the **celery** to the macaroni bowl and mix.
- 6 In a small bowl, add the **mayonnaise, apple cider vinegar, oil, carrots, cheese** and **pickles**, and mix with a fork. Add **salt** and **pepper**.
- 7 Add the **mayonnaise sauce** to the macaroni and mix well. Refrigerate until serving.
- 8 Peel the **eggs** and cut in half. When serving, place 4 egg halves on each plate.  
**Variation:** If you don't include hard-boiled eggs with this salad, serve it as a side dish. You can also use your choice of beans instead of eggs.



My rating: ★ ★ ★

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This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition