

Ham and Pasta Salad

Makes: 6 Servings

This recipe uses fully cooked ham. We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day.

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

1/4 teaspoon black pepper

6 ounces frozen ham (thawed and chopped, about 1 cup)

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.

Source: Recipe adapted from Commodity Supplemental Food Program Cookbook

Nutrition Information

| Nutrients | Amount |
|-----------------------------|-------------|
| Calories | 220 |
| Total Fat | 6 g |
| Saturated Fat | 1 g |
| Cholesterol | 20 mg |
| Sodium | 430 mg |
| Total Carbohydrate | 29 g |
| Dietary Fiber | 2 g |
| Total Sugars | 2 g |
| Added Sugars included | N/A |
| Protein | 10 g |
| Vitamin D | N/A |
| Calcium | 35 mg |
| Iron | 2 mg |
| Potassium | N/A |
| N/A - data is not available | |