

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.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	220	
Total Fat	6 g	
Protein	10 g	
Carbohydrates	29 g	
Dietary Fiber	2 g	
Saturated Fat	1 g	
Sodium	430 mg	