Lightened Up American Macaroni Salad

Serves: 6
Modified from: www.FoodNetwork.com

**Items Needed:** colander, cutting board, kitchen knife, measuring cups, measuring spoons, large bowl, small bowl, whisk, wooden spoon

**Ingredients:**
- 2 cups dry whole wheat elbow macaroni, cooked, rinsed and drained
- 1/3 cup diced celery
- ¼ cup minced red onion, soaked in cold water for 5 minutes, drained
- 1 Tablespoon minced flat-leaf parsley
- ½ cup diced vine-ripened tomato
- ½ cup nonfat plain Greek yogurt
- ¼ teaspoon dry mustard
- 1 ½ teaspoon sugar
- 1 ½ Tablespoon cider vinegar
- 3 Tablespoon sour cream
- ½ teaspoon kosher salt, plus more to taste
- ¼ teaspoon freshly ground black pepper

**Directions:**
1. In a large bowl, combine the macaroni, celery, onion, parsley and tomato.
2. In a small bowl, whisk together the Greek yogurt, mustard, sugar, vinegar, sour cream, salt and pepper.
3. Pour the dressing over the salad and stir to combine. Serve and enjoy!

**Nutrition Information (per ⅔ cup serving):**
Calories: 186  Fat: 2.5 g  Carbs: 30 g  Protein: 7 g  Fiber: 4 g  Sodium: 329 mg