



MACARONI SALAD WITH CREAMY AVOCADO DRESSING

Ingredients:

8 ounces whole-wheat elbow macaroni (about 2 cups)

1 cup chopped red bell pepper

½ cup thinly sliced celery

2 scallions, chopped

2 Tbsp chopped fresh parsley or cilantro

1 ripe medium avocado

¼ cup mayonnaise

2 Tbsp rice vinegar

¾ teaspoon salt

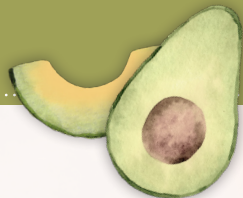
½ teaspoon dried minced garlic

¼ teaspoon ground pepper

Total time : 25 minutes

Prep time: 25 minutes

Servings: 12



Instructions:

Step 1:

Cook macaroni in a large pot of boiling water according to package directions. Drain, rinse with cold water; drain again.

Step 2:

Transfer to a large bowl. Add bell pepper, celery, scallions and parsley (or cilantro).

Step 3:

Halve avocado, remove pit and scoop flesh into a mini food processor. Add mayonnaise, vinegar, salt, dried garlic and pepper. Process until smooth.

Step 4:

Add the avocado dressing to the large bowl with the macaroni salad and stir until well coated.

To make ahead: Refrigerate for up to 1 day.