

Greek Yogurt Garden Macaroni Salad With Cheddar

Yield: 8 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/macaroni-and-cheese-recipe-with-greek-yogurt>

Ingredients:

- 2 cups macaroni preferably whole wheat
- 1/2 cup greek yogurt fat-free if desired
- 1/4 cup mayonnaise
- 1 tablespoon deli mustard coarse grain or brown
- 1 tablespoon white wine vinegar
- 2 teaspoons tarragon chopped, or dill
- 3/4 teaspoon salt or to taste
- 1/2 teaspoon freshly ground pepper
- 1 shallot minced
- 2 carrots peeled and shredded
- 1 cup peas fresh or frozen and thawed
- 4 ounces cheddar cheese such as Cabot Alpine, about 1 cup
- 1 cup cherry tomatoes halved, for garnish , optional

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 20 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 9 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 410 milligrams
9. Sugar: 5 grams

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