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Macaroni Salad

- 3 Cups whole-wheat elbow noodles (14- to 16-ounce package)
- 3/4 Cup low-fat mayonnaise
- 3/4 Cup reduced-fat sour cream
- 2 Tsp sugar
- 1 Tsp salt
- 3/4 Tsp celery seed
- Freshly ground pepper to taste
- 3 Stalks celery, finely chopped
- 3 Carrots, shredded
- 1 Small Vidalia or other sweet onion, finely chopped
- 1 Cup baby spinach, chopped
- 3/4 Cup frozen (thawed) edamame
- 1/3 Cup shredded mild Cheddar cheese

- 1) Cook noodles in a large pot of boiling water until tender, 8 to 10 minutes or according to package directions. Drain. Transfer to a large bowl to cool for at least 15 minutes.
- 2) Combine mayonnaise, sour cream, sugar, salt, celery seed and pepper in a small bowl.
- 3) When the noodles have cooled, add celery, carrots, onion, spinach, edamame and the mayonnaise mixture; stir well to combine.
- 4) Cover and refrigerate until cold, at least 2 hours. Taste and adjust seasoning with salt and pepper, if desired. Sprinkle with cheese just before serving.

Makes 12 Servings

