

# Cajun-Hawaiian Macaroni Salad

## INGREDIENTS

- 8 oz macaroni
- 1 c mayonnaise
- ¼ c half and half
- 1 Tbsp apple cider vinegar
- 1 tsp sugar
- 1 tsp Cajun180 La Cajun Gold seasoning
- ½ tsp Tabasco hot sauce
- ¼ tsp horseradish (optional and to taste)
- 2 Tbsp C'est Tout Trinity Mix, rehydrated
- ½ c celery, diced
- ½ c carrots, shredded
- ½ c onion, minced
- ¼ c pickles, diced

## DIRECTIONS

1. Boil the macaroni in lightly salted water and cook to al dente (1 minute less than package instructions).
2. Make the sauce by combining the mayonnaise, vinegar, milk, sugar, salt, and Cajun 180 La Cajun Gold seasoning, Tabasco hot sauce and horseradish (optional) in a large mixing bowl.
3. Drain the macaroni and rinse with cold water, then drain that as well.
4. Add the macaroni, re-hydrated C'est Tout Trinity, celery, shredded carrot, onion and pickles to the large bowl with the sauce and gently mix to combine.
5. Cover and refrigerate the salad for at least 4 hours. Gently mix before serving.



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## HEALTHY SWAPS

- **Lower Fat:** Use low-fat mayonnaise & fat-free half and half. 95 Calories: 5g Fat (1g Saturated fat, 4mg Cholesterol.) 265mg Sodium. 10g Carbohydrates (1g Fiber, 3g Total sugar.) 2g Protein.
- **Lower Carbohydrate:** Substitute 4 cups shiratki noodles such as Miracle Noodles or Pasta Zero. 140 Calories. 14g Fat (2g Saturated fat, 8mg Cholesterol.) 265mg Sodium. 3g Carbohydrates (1g Fiber, 2g Total sugar.) 1g Protein.
- **Lower Sodium:** Use salt-free Cajun seasoning such as Cajun180 La Cajun Gold "No-Salt" to reduce sodium to 150mg.
- **Dairy-free:** Use vegan half & half. No significant change in macros.
- **Gluten-free:** Use gluten-free pasta. Ensure Cajun seasoning is gluten-free. 165 Calories. 14g Fat (2g Saturated fat, 8mg Cholesterol.) 214mg Sodium. 7g Carbohydrates (2g Fiber, 2g Total sugar.) 1g Protein.

<b>Nutrition Facts</b>	Amount/serving		% Daily Value*		Amount/serving		% Daily Value*	
	12 servings per container Serving size 1/2 Cup <b>Calories</b> per serving	<b>Total Fat</b> 15g		<b>19%</b>		<b>Total Carbohydrate</b> 8g		<b>3%</b>
Saturated Fat 3g			<b>15%</b>		Dietary Fiber 1g		<b>4%</b>	
Trans Fat 0g					Total Sugars 2g			
<b>Cholesterol</b> 10mg			<b>3%</b>		Includes 0g Added Sugars		<b>0%</b>	
<b>Sodium</b> 220mg			<b>10%</b>		<b>Protein</b> 2g		<b>4%</b>	
Vitamin D 4mcg		20%		Calcium 19mg	2%		Iron 0.4mg	2%
Potassium 73mg		2%						

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**180**