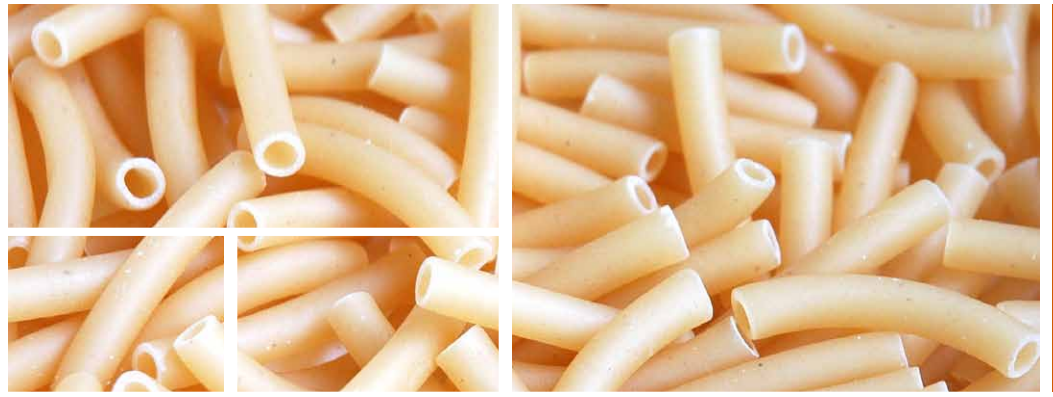


CHEF & CHILD FOUNDATION RECIPE COLLECTION

MAC & CHEESE SALAD

Paula Williams, CEC
ACF Kona-Kohala Chefs
Association Chapter

**SERVINGS
PER RECIPE: 6**
SERVING SIZE: 1/2 cup



ORIGINAL RECIPE

Ingredients:

3 ounces uncooked elbow macaroni
1 cup cubed cheddar cheese
1/2 cup diced celery
1/4 cup chopped green pepper
1/4 cup pickle relish, drained
1/2 cup mayonnaise
1 tablespoon mustard
1/4 teaspoon salt
Lettuce leaves, optional

DIRECTIONS:

1. Cook, drain and cool macaroni.
2. Combine macaroni, cheese, celery and pickle relish.
3. Blend together mayonnaise, mustard, and salt.
4. Add together by tossing with other ingredients.
5. Chill and serve on lettuce leaf.

ORIGINAL ANALYSIS PER SERVING:

Calories (kcal): 260
Total Fat (g): 18
Saturated Fat (g): 8
Trans Fat (g): 0
Cholesterol (mg): 35
Sodium (mg): 690
Carbohydrate (g): 11
Dietary Fiber (g): 3
Sugars (g): 3
Protein (g): 10
Vitamin A: 2%
Calcium: 4%
Vitamin C: 8%
Iron: 2%

THINGS TO CONSIDER:

- Using shredded cheese instead of cubes of cheese allows for the cheese to spread more evenly throughout without needing as much.
- Adding carrots and peas gives the dish more color and allows more food per serving while also increasing the vitamin content and cutting back on the calories per serving.
- Using light mayo in place of regular mayo cuts back on the fat. Also, replacing half of the mayo used with reduced-fat sour cream helps decrease the fat and calorie content.
- To round out the dish, a little heat was added with the addition of crushed red pepper flakes.

MODIFIED RECIPE

3 ounces uncooked elbow macaroni
3/4 cup shredded cheddar cheese
1/2 cup diced celery
1/2 cup diced carrots
1/2 cup frozen green peas, defrosted
1/4 cup chopped green pepper
1/4 cup pickle relish, drained
1/4 cup light mayonnaise
1/4 cup reduced-fat sour cream
1 tablespoon mustard
1/4 teaspoon salt
1/4 teaspoon crushed red pepper flakes
Lettuce leaves, optional

DIRECTIONS:

1. Cook macaroni according to package directions omitting fat and salt. Drain and cool in a mixing bowl. Add remaining ingredients, tossing to mix well. Chill and serve on lettuce leaf.

MODIFIED ANALYSIS PER SERVING:

Calories (kcal): 170
Total Fat (g): 9
Saturated Fat (g): 4
Trans Fat (g): 0
Cholesterol (mg): 20
Sodium (mg): 480
Carbohydrate (g): 15
Dietary Fiber (g): 2
Sugars (g): 2
Protein (g): 7
Vitamin A: 45%
Calcium: 15%
Vitamin C: 15%
Iron: 4%

Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit www.acfchefs.org.



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