



LIVE WELL  
ALABAMA

#EatBetter

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP. USDA is an equal opportunity provider and employer. [www.LiveWellAlabama.com](http://www.LiveWellAlabama.com)

The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. Everyone is welcome! Please let us know if you have accessibility needs.

New August 2020, FCS-2454 © 2020 by the Alabama Cooperative Extension System. All rights reserved.

Follow Us



Want to see  
the finished  
product?  
Scan the code  
to see how  
it's done.



## Entrée

# Grandma's Macaroni Salad

## Helpful Hints

- Use your child's favorite pasta for a fun mealtime.
- Try to serve seafood twice a week—it's simple! Make patties with canned salmon, crab, or tuna or use them in a sandwich.
- No seafood? Substitute the canned salmon and tuna with chopped deli meat.
- Tuna paired with whole wheat crackers makes a great snack.

# Grandma's Macaroni Salad

**Serves 8**

## Ingredients

1 8-ounce package elbow  
macaroni, cooked, drained,  
and rinsed  
2 tomatoes, diced  
 $\frac{1}{2}$  cup onion, diced  
4 dill pickles, diced  
1 can salmon or tuna,  
5 ounces, drained  
 $\frac{1}{3}$  cup mayonnaise  
Salt and pepper to taste

## Directions

1. Mix all ingredients together in a large bowl.
2. Chill before serving.