



## Pine Waldorf Macaroni Salad Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>5</b>
<b>Serving Size</b>	<b>8</b>

### Ingredients:

- 3/4 cup mayonnaise
- 1/2 tsp salt
- 200 g DEL MONTE Salad Macaroni (400g), cooked
- 1/3 cup celery, finely chopped
- 3/4 cup apple, red, cut into cubes
- 1/2 cup sweet ham, cut into cubes
- 1/4 cup raisins
- 1 can DEL MONTE Pineapple Tidbits (227g), drained, reserve syrup
- 1/4 cup walnuts, chopped

### Preparation:

1. Mix mayonnaise and reserved pineapple syrup. Season with salt.
2. Mix in DEL MONTE Salad Macaroni, celery, red apple, ham, raisins and DEL MONTE Pineapple Tidbits.
3. Add walnuts then chill before serving.

### Chef's Tip

Apple oxidizes once sliced. To keep them from turning brown, soak the cut apples in water with a squeeze of calamansi.

### Lusog Notes

This dish is a source of protein and iron. Protein is essential for growth, development and repair of body tissues while iron is needed for normal metabolism.

### Cooking Skills Needed

- Mixing

### Cooking Tools

- Measuring Cups
- Spatula
- Chopping Board
- Measuring Spoon
- Pot