

Macaroni Salad with Barbecue Chicken

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Servings: 8

Kosher salt

8 ounces elbow macaroni

1/3 cup mayonnaise

1/3 cup sour cream

1/3 cup barbecue sauce

2 tablespoons relish

1 tablespoon yellow

mustard

1 teaspoon sugar

*2 cups barbecue rotisserie
chicken, cubed*

1 red bell pepper, diced

3 stalks celery, chopped

1/2 red onion, diced

*1/4 cup fresh parsley,
chopped*

freshly ground black pepper

Bring a medium pot of salted water to a boil. Add the macaroni and cook according to package directions. Drain. Rinse under cold water. Shake off the excess.

In a large bowl, whisk the mayonnaise, sour cream, barbecue sauce, relish, mustard and sugar.

Add the macaroni, chicken, red bell pepper, celery, red onion and parsley. Season with salt and pepper. Toss to coat.

Chill before serving.

Per Serving (excluding unknown items): 153 Calories; 3g Fat (16.4% calories from fat); 5g Protein; 27g Carbohydrate; 2g Dietary Fiber; 4mg Cholesterol; 160mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.