



Long Livo

Classic Macaroni Hawaiian Salad - Easy Homemade Recipe

20 min
Prep time

4
Servings

10 min
Cook time

Easy
Difficulty

30 min
Total time
American
Cuisine

Ingredients

Main Ingredients

- ☐ 8 oz elbow macaroni
- ☐ 1 cup fresh pineapple chunks
- ☐ 1/2 cup red bell pepper, diced
- ☐ 1/4 cup green onions, thinly sliced
- ☐ 1/3 cup frozen peas, thawed

Dressing

- ☐ 3 tbsp apple cider vinegar
- ☐ 2 tbsp honey
- ☐ 1/4 cup extra-virgin olive oil
- ☐ 1 tsp mustard
- ☐ Salt and pepper to taste

Instructions

- 1** Cook the macaroni in salted water until al dente, about 8-9 minutes; drain and rinse under cold water to stop cooking.
- 2** While the pasta cools, whisk together vinegar, honey, mustard, and olive oil; season with salt and pepper.
- 3** In a large bowl, combine the cooled macaroni, pineapple, red bell pepper, peas, and green onions.
- 4** Pour the dressing over the salad, toss gently until everything is evenly coated; chill for at least 30 minutes before serving.
- 5** Give the salad a quick stir before plating; garnish with an extra sprinkle of green onions if desired.

Nutrition per serving

340 kcal
Calories

7 g
Protein

52 g
Carbs

11 g
Fat

Tips & notes

- If the dressing seems too thin, let the salad sit; the pasta will absorb extra liquid.
- For a creamier version, replace half the olive oil with mayonnaise.
- Taste and adjust sweetness or acidity after chilling, as flavors mellow.