

Helergon Kitchen

Classic Macaroni Hawaiian Salad Recipe

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 8 oz elbow macaroni
- [ ] 1 cup cooked turkey breast, diced
- [ ] 1 cup pineapple chunks, drained
- [ ] ½ cup red bell pepper, finely diced
- [ ] ¼ cup green onions, sliced

For the Dressing

- [ ] ½ cup mayonnaise
- [ ] 2 tbsp apple cider vinegar
- [ ] 1 tsp honey
- [ ] ¼ tsp salt
- [ ] ¼ tsp black pepper

Instructions

1. Bring a pot of salted water to a boil, add the macaroni and cook until just al dente, about 8 minutes.
2. Drain the pasta, rinse under cold water, and let it sit while you prepare the other ingredients.
3. In a large bowl, whisk together mayonnaise, apple cider vinegar, honey, salt, and pepper until smooth.
4. Add the cooled macaroni, turkey, pineapple, bell pepper, and green onions to the bowl; gently fold to coat everything evenly.
5. Taste and adjust seasoning, then refrigerate for at least 20 minutes. Serve chilled, perhaps with a sprinkle of toasted coconut for extra texture.

Nutrition per serving

380 kcal	18 g	42 g	16 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pat the pineapple dry to avoid excess moisture.
- If you prefer a lighter dressing, replace half the mayo with Greek yogurt.
- A pinch of smoked paprika adds a subtle island warmth.