

Just before the American Revolution from English rule, the song “Yankee Doodle” became popular. In the song, Yankee Doodle “stuck a feather in his hat and called it macaroni”. What the singer meant was that the feather made Yankee Doodle look like a dandy, an Englishman dressed up in fancy Italian-style clothes. Yankee Doodle himself was proud to be a plain-dressing Colonial countryman and was mocking the English.

On the other hand, maccheroni is a word Italians use for all types of dry pasta, but especially wide, hollow spaghetti. Instead of macaroni or maccheroni, Italians call elbow-shaped pasta tubetti lunghi, or short, little pieces of long tubes. Now that you know all about macaroni, you can enjoy using it in this bright, colorful salad dotted with green peas, orange carrots and sunny eggs.

Polka-Dot Egg and Macaroni Salad

for 12 kids as a side dish (1/3 cup each) OR
6 kids as a main dish (3/4 cup each)

Foods you need:

- 1 cup dry macaroni (about 4 oz.)**
- 1 package (10 oz.) frozen peas and carrots**
- 1/4 cup mayonnaise**
- 3 tablespoons sweet pickle relish**
- 6 hard-cooked eggs, chopped**



Kitchen things you need:

- Medium-sized saucepan**
- Colander or strainer**
- Potholders or oven mitts**
- Medium-sized mixing bowl**
- Rubber spatula**
- Plastic wrap or aluminum foil**



1. Read the cooking directions on the macaroni package. Cook the macaroni in the saucepan the way the package says to cook it.
2. While the macaroni is cooking, put the colander in the sink. Add the peas and carrots. Run cold water over over the peas and carrots until the ice melts and the vegetables aren't frozen any more. Leave the vegetables in the colander. When the macaroni is cooked, with the potholders or mitts, carefully pick up the saucepan. Pour the pan of macaroni and water into the colander on top of the vegetables. Let the water drain off.
3. Put the mayonnaise and relish into the bowl. Stir with the spatula until the mayonnaise and relish are blended and you can't see any more clumps of relish. Add the drained macaroni and vegetables to the bowl. Add the chopped eggs. Gently stir with the spatula until the macaroni, vegetables and eggs are evenly coated with the mayonnaise mixture. Cover the bowl with the plastic wrap. Put the bowl in the refrigerator for several hours or overnight. ○

