

Potato Salad

Makes 8 servings

Ingredients

- 4 medium potatoes (red or yellow potatoes hold their shape the best)
- 1 small onion, chopped
- 2 Tablespoons sweet pickle relish
- 1 medium stalk celery, chopped
- ¼ cup light mayonnaise
- ½ cup plain low-fat (1%) yogurt
- 1 Tablespoon yellow mustard
- ½ teaspoon garlic powder (1 teaspoon minced or 2 cloves)
- ⅛ teaspoon black pepper
- 2 hard-cooked eggs



Directions

1. Scrub potatoes. Place potatoes in pan and add water; heat to boiling and cover; cook until tender, about 30 to 35 minutes. Drain and cool.
2. Slice or cube potatoes (leave skins on to retain fiber and nutrients). Place potatoes, onion, relish, and celery in large bowl.
3. In separate bowl, mix mayonnaise, yogurt, mustard, garlic, and pepper.
4. Cut eggs into small pieces and add to potatoes with mayonnaise mixture. Stir until potatoes are well-coated.
5. Chill and serve.

Nutrition Facts

Serving Size 1/2 cup (154.77g)
Servings Per Container 4

Amount Per Serving

Calories 150 Calories from Fat 30

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0.5g

Cholesterol 0mg **0%**

Sodium 370mg **15%**

Total Carbohydrate 28g **9%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 3g **6%**

*Percent Daily Values are based on a 2,000 calorie diet.