



Country Style Potato Salad

Serving size: 1 cup

Yield: 4 Servings

Ingredients:

3 medium baking potatoes

1 cup chopped celery

1/2 cup minced onion

1 cup fresh or frozen peas

1 tablespoon prepared mustard

1/2 cup mayonnaise, low-fat

1/2 cup yogurt, nonfat plain

Fresh cracked black pepper to taste

Garnish: lettuce and tomato



Directions:

1. Wash potatoes, leave skin on and cut in bite-size chunks.
2. Place in pan and cover with water. Bring to a boil, lower to simmer and cook uncovered until potatoes are tender, about 20 minutes.
3. Drain in colander and sprinkle lightly with cold water.
4. In the meantime, put the rest of the ingredients in a large mixing bowl. Add drained potatoes to the bowl.
5. Mix well and refrigerate until ready to use.
6. Garnish with fresh lettuce and sliced tomatoes

Nutrition Facts: Calories, 180, Calories from Fat, 90; Total Fat, 10g, Saturated Fat, 1.5g; Trans Fat, 0g; Cholesterol, 10mg; Sodium, 330mg; Total Carbohydrate, 18g; Dietary Fiber, 5g; Sugars, 8g; Protein, 6g.

Source: Adapted by Alice Henneman, University of Nebraska-Lincoln Extension, from: Cooking Demo II, Food and Health Communications, Inc. available at Food Stamp Nutrition Connection Recipe Finder <http://recipefinder.nal.usda.gov>



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