



# Potato Salad

Servings 4 | Prep time 10 mins. | Total time 50 mins.

## Equipment:

Cutting board  
Large pot  
Colander  
Large bowl  
Plastic wrap

## Utensils:

Knife  
Fork  
Mixing spoon  
Measuring cups and spoons

## Ingredients

4 medium potatoes, peeled (about 1 pound)  
1 cup plain low-fat yogurt  
1/4 cup light mayonnaise  
1 tablespoon yellow mustard  
1/2 teaspoon salt (optional)  
1/4 teaspoon black pepper  
1 stalks celery, chopped  
1/2 small onion, finely chopped

# Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Place potatoes in a large pot. Add enough water to cover the potatoes.
3. Put pot over high heat and boil under you can easily pierce potatoes with a fork, about 20-25 minutes.
4. Drain potatoes and cool.
5. While potatoes are cooling, combine the yogurt, mayonnaise, mustard, black pepper, and salt (if using) in a large bowl.
6. Once the potatoes have cooled, cut them into bite-sized cubes. Add the potatoes, celery, and onion to the yogurt mixture, then stir to coat the potatoes.
7. Cover the bowl with plastic wrap or a lid and refrigerate for at least an hour before serving.

## Nutritional Information:

Calories 160   Total Fat 4g   Sodium 230mg   Total Carbs 27g   Protein 6g