



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

Nutritional Information:

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

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.