



Potato Salad

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

Equipment: Cutting board, large pot, colander, large bowl, mixing spoon, plastic wrap

Utensils: Knife, fork

Ingredients

4 medium potatoes, peeled (about 3 cups or 1 pound)

1 cup plain non-fat yogurt

1/4 cup low-fat mayonnaise

1 tablespoon yellow mustard

1/2 teaspoon salt (optional)

1/4 teaspoon pepper

1 celery stalk, chopped

1/2 small onion, finely chopped

Instructions

1. Before you begin, wash your hands, surfaces, vegetables, and utensils.
2. Place potatoes in a large pot and add enough water to cover the potatoes.
3. Put pot over high heat and boil until potatoes are fork tender, 20-25 minutes.
4. Drain potatoes and cool.
5. While potatoes are cooling, combine the yogurt, mayonnaise, mustard, salt (if using) and pepper in a large bowl.
6. Once the potatoes have cooled, cut them into bite-size cubes. Add the potatoes, celery, and onion to the yogurt mixture and 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