Healthy Eating

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Country Style Potato Salad

Serves 4 (serving size, 1 cup)

The peas add a colorful touch of green to this potato salad. Combining mustard with lowfat mayonnaise and nonfat plain yogurt provides a flavorful, lowfat dressing.

- 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, lowfat
- 1/2 cup yogurt, nonfat plain
- fresh cracked black pepper to taste
- garnish: lettuce and tomato
- 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 mean time, 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 of recipe: Adapted from: Cooking Demo II, Food and Health Communications, Inc. available at Food Stamp Nutrition Connection Recipe Finder http://recipefinder.nal.usda.gov





