

Recipe: Savory Potato Salad



This version has all the flavor while being lower in fat and calories.

INGREDIENTS

6 medium potatoes (about 2 pounds)
2 stalks celery, finely chopped
2 scallions, finely chopped
¼ cup red bell pepper, coarsely chopped
¼ cup green bell pepper, coarsely chopped
1 Tbsp onion, finely chopped
1 egg, hard boiled, chopped
6 Tbsp reduced-fat mayonnaise
1 tsp mustard
½ tsp salt
¼ tsp ground black pepper
¼ tsp dried dill weed

DIRECTIONS

1. Wash potatoes, cut in half, and place in saucepan of cold water. Cook, covered, over medium heat for 25 to 30 minutes or until tender.
2. Drain and dice potatoes when cool.
3. Add vegetables and egg to potatoes and toss.
4. In a small bowl, blend the mayonnaise, mustard, salt, pepper and dill weed.
5. Pour dressing over potato mixture and stir gently to coat evenly.
6. Chill for at least 1 hour before serving.

Nutrition Facts: 10 servings, Calories 98; Total fat 2 g; Saturated fat 0 g; Sodium 212 mg; Total fiber 2 g; Protein 2 g; Carbohydrates 18 g.

Source: National Heart, Lung, and Blood Institute