Potato Salad Deluxe

Ingredients:
6 medium boiling potatoes
1/2 green pepper
1/2 small mild onion
1/2 cup plain non-fat yogurt
1 tablespoon reduced calorie mayonnaise
1 teaspoon prepared mustard
1 teaspoon lemon juice
10-ounce package frozen corn kernels
salt and pepper to taste

Directions:
1. Fill saucepan half full of water; bring to a boil.
2. Peel potatoes (optional) and cut into 3/4-inch chunks. Add to boiling water and cook until tender (about 10 minutes).
3. While potatoes cook, wash and chop green pepper and peel and chop onion.
4. In small bowl, mix together yogurt, mayonnaise, mustard, and lemon juice.
5. When potatoes are done, drain them in colander and place them in large bowl. Add corn kernels and stir together.
6. When corn kernels are thawed, mix in green pepper and onion.
7. Add yogurt mixture to potato mixture and mix well. Add salt and pepper to taste.
8. Eat immediately, or cover and refrigerate to blend flavors.

Variations:
• Substitute frozen peas or frozen chopped broccoli for corn.
• Substitute red pepper for green pepper.
• Add 2 tablespoons chopped mild chili peppers.

Yields about 6 servings


Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Calories from Fat</th>
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| 1/6 of recipe (10.7 ounces) | 230 | 15%
| Servings Per Recipe | 6 |

% Daily Value *

- Total Fat 1.5g 2%
- Saturated Fat 0g 0%
- Trans Fat 0g
- Cholesterol 0mg 0%
- Sodium 85mg 4%
- Total Carbohydrate 50g 17%
- Dietary Fiber 6g 24%
- Sugars 5g

Protein 7g

Vitamin A 4% Vitamin C 90%

Calcium 8% Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2000 2,500

Total Fat

Less than

65g

80g

Saturated Fat

Less than

20g

25g

Cholesterol

Less than

200mg

300mg

Sodium

Less than

2,400mg

2,400mg

Total Carbohydrate

300g

375g

Dietary Fiber

25g

30g

7% calories from fat