Potato Salad Supreme

Ingredients:
6 medium boiling potatoes
3 medium celery sticks
2 medium carrots
1/2 small mild onion
1/2 cup plain non-fat yogurt
2 tablespoons reduced calorie mayonnaise
1 teaspoon prepared mustard
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, peel and chop celery, carrots, and onion.
4. In small bowl, mix together yogurt, mayonnaise, and mustard.
5. When potatoes are done, drain them and place them in large bowl. Add celery, carrots, and onion and stir together.
6. Add yogurt mixture to potato mixture and mix well. Add salt and pepper to taste.
7. Eat immediately, or cover and refrigerate to blend flavors.

Variations:
• Substitute red or green pepper for carrots.
• Add 2 tablespoons chopped radishes.

Yields about 6 servings


Nutrition Facts
Serving Size 1/6 of recipe (10.5 ounces)
Servings Per Recipe 6

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>210</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>20</td>
<td>3%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2g</td>
<td>3%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
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<tr>
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<td>0%</td>
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<tr>
<td>Sodium</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
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<td>24%</td>
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<tr>
<td>Sugars</td>
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</table>

Protein 6g

Vitamin A 70% Vitamin C 80%
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.

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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