**Potato Salad Deluxe**

Makes 6 servings

**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.

**Source:** *Sisters in Health: A Nutrition Program for Women*, Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 1999.