Potato Salad Supreme
Makes 6 servings

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.