Tuna Potato Salad

Ingredients:
6 medium potatoes
2 tablespoons cider vinegar
1/4 teaspoon white pepper
2 tablespoons reduced fat mayonnaise
1/2 cup non-fat plain yogurt
2 cans (6 ounces each) of water-packed tuna
1 medium carrot, peeled and chopped
1/4 cup onion, chopped
1/4 cup chopped celery

Directions:
1. Wash potatoes. Cook unpeeled potatoes in a large pot of water at medium heat for 25 minutes or until soft. Drain and let cool. Peel potatoes and cut in cubes.
2. In a large bowl, blend vinegar, pepper, mayonnaise and yogurt with potato cubes. Set aside.
4. Add tuna and chopped carrots, onions and celery to potatoes. Toss together.
5. Cover and place in refrigerator.

Yields about 8 servings

Source:

Nutrition Facts
Serving Size 1/8 of recipe (8.6 ounces)
Servings Per Recipe 8

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>200</td>
<td>15</td>
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</table>

<table>
<thead>
<tr>
<th>% Daily Value *</th>
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</thead>
<tbody>
<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></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>15mg</td>
<td>5%</td>
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<tr>
<td>Sodium</td>
<td>210mg</td>
<td>9%</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
<td>4g</td>
<td>16%</td>
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<tr>
<td>Sugars</td>
<td>3g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>16g</td>
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</tbody>
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Vitamin A 30% Vitamin C 60%
Calcium 4%
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.

Total Fat 2g
Saturated Fat 0g
Trans Fat 0g
Cholesterol 15mg
Sodium 210mg
Total Carbohydrate 31g
Dietary Fiber 4g

8% calories from fat