

Garden Potato Salad

Serving size: ½ cup

Serves: 10

Ingredients

6 medium red potatoes, cubed ½ inch
2 tablespoons extra virgin olive oil
Juice of one lemon
3 tablespoons Dijon mustard
¼ cup onion, minced
1 clove garlic, minced
½ teaspoon salt
½ teaspoon coarse ground black pepper to taste
¼ cup shredded parmesan
¼ cup parsley, minced
2 stalks celery, minced
1 poblano pepper, minced
1 jar pimentos, drained
1 cup plain lowfat yogurt
2-3 tablespoons plain lowfat kefir

Directions

In a large pan, add the cubed potatoes to one inch boiling water. Return to a boil and cook for 10-12 minutes just until tender. Do not overcook. Remove from heat and cool in a colander.

In a large mixing bowl, combine the olive oil, lemon juice, mustard, onion, garlic, salt and pepper. Stir in the parmesan, parsley, celery, poblano and pimentos. Stir to blend all ingredients. Stir in the yogurt and kefir. Taste and adjust the seasonings.

Stir in the potatoes until all are well coated. Refrigerate and serve cold.

This delicious twist on a traditional favorite provides all the flavor we love in a good potato salad without the fat and cholesterol from mayonnaise. Your family will not know unless you tell them that your dressing has no mayonnaise. So, don't tell them and enjoy this savory comfort food.

Exchanges per serving:

1 Starch, 1 Vegetable, 1 Fat

Nutrients per serving:

Calories: 152

Calories from fat: 34

Total Fat: 4g

Cholesterol: 2mg

Sodium: 250mg

Total Carbohydrate: 26g

Dietary Fiber: 3g

Protein: 5g