

Potato Salad

Hands-on - 45 min.

Serves 16

Traditional tasting potato salad at half the fat and calories!

Tastes great with:

Turkey or

Salmon Burgers (page 117)

Put both a large and small pot of water on to boil.

8 (8 oz each) redskin potatoes, scrubbed clean and cubed

Add to large pot of boiling water.

4 eggs

Add to small pot of boiling water. Set timer for 10 minutes.

1 small red or yellow onion

Meanwhile, mince onion and dice celery. Place in a large serving bowl.

3 celery stalks

When timer sounds, drain eggs and rinse with cold water. Set timer for 20 additional minutes (to finish potatoes). Crack and peel eggs. Chop and add to bowl.

When timer sounds, drain potatoes and cool slightly before adding to bowl.

1/2 cup light coleslaw-type dressing (Marzetti's)

Gently mix with potatoes.

1/4 cup Miracle Whip Light

10 grinds fresh ground pepper

1/4 tsp salt (opt)

2 T prepared mustard (plain or Dijon)

2 fresh tomatoes (opt)

Garnish with tomato wedges.

Nutrition information for about 1/2 cup with 1 tomato wedge and optional salt

Calories	140	Fat	4 g	Fiber	2 g	Sodium	196 mg	Total Carbohydrate	23 g
Calories from Fat	25%	Saturated Fat	<1 g	Cholesterol	58 mg	Protein	4 g	Sugars	4 g