

Kate's Potato Salad

A delicious, reduced-fat version of a summer classic!

Where traditional potato salad uses mayonnaise, this lighter version uses an olive-oil based dressing. Olive oil is a better choice because less can be used to achieve good flavor, thus reducing the fat content. Also, olive oil is a good source of omega-3 and omega-6 essential fatty acids, which are necessary for a well-balanced diet.

Ingredients:

- 3 lbs. redskin potatoes (with skin)
- 1 small white onion, chopped
- 3 stalks celery, chopped
- 1/3 cup olive oil
- 1/3 cup white wine vinegar
- 1 tbsp. dijon mustard
- 1 tsp. ground black pepper
- 1 tbsp. granulated sugar
- 1 ½ tsp. dried ground dill weed



Preparation:

- 1) In a large pot, cover whole potatoes with approximately ½ an inch of water. Boil for about 30-45 minutes, or until desired softness. Drain the water and then chill them in the fridge for about 2-3 hours or soak in a cold water bath for about 15-20 minutes.
- 2) Once cool, cut potatoes into pieces of whatever size you prefer.
- 3) Mix the chopped onion and celery with the potatoes in a large bowl.
- 4) In a separate small bowl, mix oil, vinegar and mustard.
- 5) Add pepper, sugar and dill weed to the liquid mixture. Stir well.
- 6) Pour the liquid/spice mixture over the potatoes and fold over until potatoes are well coated.
- 7) Serve immediately or chill for several hours for best flavor.

Nutrition Information:

Servings per recipe:	12
Calories:	114
Fat:	5g
Protein:	2g
Carbohydrates:	16g

Exchange Lists:

One serving of potato salad equals 1 starch exchange and 1 fat exchange.