

creamy potato salad

Serves: 6-8

Prep and Cook time: 35 min

Per serving: 212 calories, 9 g fat, 72 mg sodium

3 lb. red potatoes,
unpeeled

2 TBS chopped green onion
(optional)

1/2 tsp salt

3/4 cup sour cream
(low fat recommended)

4 TBS chopped fresh parsley
or cilantro (optional)

1/4 tsp pepper

3/4 cup mayonnaise

1 tsp dry mustard

2 celery stalks

1. Fill a large pot three-fourths full of water and bring to a boil over high heat. Add the potatoes and cook until tender but slightly resistant when pierced with a fork, 25-30 minutes.
2. Drain and let cool, then cut the potatoes into 1 inch cubes and place in bowl.
3. To prepare the dressing, in a small bowl, combine the sour cream, mayonnaise, celery, celery seeds, green onion, parsley, mustard, salt, and pepper. Mix well.
4. Pour the dressing over the potatoes and mix gently to coat evenly. Taste and make any adjustments needed.
5. Serve immediately or let it chill, covered, in the refrigerator for 1-2 hours so the flavors can blend.

