
Bell Pepper-Potato Salad

Coweed

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Servings: 3

Preparation Time: 15 minutes

Start to Finish Time: 1 hour 45 minutes

1 pound tiny new potatoes, quartered

1/2 cup plain Greek-style yogurt

1/4 cup light mayonnaise

1 tablespoon Wasabi sauce

1/4 teaspoon salt

1/4 teaspoon pepper

2 cups chopped bell pepper

1/4 cup Thai basil, finely chopped

Place the potatoes in a large saucepan with water to cover. Bring to a boil. Cook, covered until tender, 15 to 20 minutes. Drain. Rinse with cold water. Let the potatoes cool.

In a large bowl, stir together the mayonnaise, yogurt, Wasabi sauce, salt and pepper.

Stir in the bell peppers and Thai basil. Add the cooled potatoes. Toss gently to coat.

Chill, covered, for at least one hour or up to twenty-four hours.

Yield: 2 cups

Salads

Per Serving (excluding unknown items): 47 Calories; 4g Fat (71.8% calories from fat); trace Protein; 3g Carbohydrate; trace Dietary Fiber; 7mg Cholesterol; 277mg Sodium. Exchanges: 0 Grain(Starch); 1 Fat; 0 Other Carbohydrates.