

Lighten Up Potato Salad

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Yield: 12 1/2 Cup portions

2 pounds (6 medium) round red or Yukon gold potatoes, cut into 3/4-to-one-inch pieces
1/4 teaspoon salt
1 container (6 ounce) fat-free plain Greek yogurt
1/2 cup light mayonnaise
1 tablespoon Dijon-style mustard
1 tablespoon fresh cilantro or basil (optional), snipped
1/2 teaspoon salt
1/4 teaspoon black pepper
1 cup (two stalks) thinly sliced celery
1/3 cup (one small) chopped onion
1/2 cup sweet or dill pickles, chopped
4 hard-cooked eggs, coarsely chopped
lettuce leaves (optional)
paprika (optional)

Preparation Time: 40 minutes

Chill: 2 hours

In a large saucepot, place the potatoes, 1/4 teaspoon salt and enough water to cover. Bring to boiling. Reduce the heat. Simmer, covered, for 10 to 15 minutes or until just tender. Drain well. Cool slightly.

Meanwhile, for the dressing, in a large bowl, combine the yogurt, mayonnaise, mustard, cilantro (if using), 1/2 teaspoon of salt and the pepper.

Stir in the onion, celery and pickles. Add the potatoes and eggs. Stir gently to coat. Cover and chill for two to twenty-four hours.

To serve: If desired, line a salad bowl with lettuce leaves. Transfer the potato salad to the bowl. If desired, sprinkle with paprika.

1) Plain Greek yogurt adds a creamy mouth-feel and rich taste to this potato salad without adding fat or excess calories. It also is very high in protein, which aids in making this version more nutritionally balanced than traditional potato salad. We've added Greek yogurt to reduce the total amount of mayonnaise. It's a more nutritious ingredient that delivers the same texture.

20 Light mayonnaise contains fewer calories and at least half the fat of regular mayonnaise, without sacrificing flavor. Dijon mustard boosts the overall flavor.

Per Serving (excluding unknown items): 614 Calories; 45g Fat (65.8% calories from fat); 27g Protein; 26g Carbohydrate; 1g Dietary Fiber; 891mg Cholesterol; 2632mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 6 1/2 Fat; 1 1/2 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	614	Vitamin B6 (mg):	.3mg
% Calories from Fat:	65.8%	Vitamin B12 (mcg):	2.2mcg
% Calories from Carbohydrates:	16.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	17.4%	Riboflavin B2 (mg):	1.0mg

Total Fat (g): 45g
Saturated Fat (g): 11g
Monounsaturated Fat (g): 14g
Polyunsaturated Fat (g): 16g
Cholesterol (mg): 891mg
Carbohydrate (g): 26g
Dietary Fiber (g): 1g
Protein (g): 27g
Sodium (mg): 2632mg
Potassium (mg): 347mg
Calcium (mg): 133mg
Iron (mg): 3mg
Zinc (mg): 2mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 1121IU
Vitamin A (r.e.): 336RE

Folacin (mcg): 96mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 3 1/2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 6 1/2
Other Carbohydrates: 1 1/2

Nutrition Facts

Amount Per Serving

Calories 614 Calories from Fat: 404

% Daily Values*

Total Fat	45g	69%
Saturated Fat	11g	53%
Cholesterol	891mg	297%
Sodium	2632mg	110%
Total Carbohydrates	26g	9%
Dietary Fiber	1g	5%
Protein	27g	
Vitamin A		22%
Vitamin C		4%
Calcium		13%
Iron		16%

* Percent Daily Values are based on a 2000 calorie diet.