

Potato Salad with a Twist

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Better Homes and Gardens Magazine

Servings: 12

*2 pounds tiny white new potatoes OR
fingerling potatoes*
1 cup plain low-fat yogurt
1/2 cup green onions, sliced
1/4 cup lemon juice
1/2 teaspoon salt
1/2 teaspoon cumin seeds (optional)
1/4 teaspoon ground black pepper
*2 medium yellow, red or green sweet
peppers, seeded and cut into bite-size
strips*
*1 avocado, seeded, peeled and cut into
thin wedges*
*2 tablespoons crisp-cooked chopped
bacon (optional)*

Halve any large new potatoes or halve the fingerling potatoes lengthwise. In a medium saucepan, cook the potatoes, covered, in enough lightly salted boiling water to cover for about 15 minutes or until just tender. Drain well. Cool to room temperature.

Meanwhile, for the dressing: In a large bowl, combine the yogurt, green onion, lemon juice, salt, cumin seeds and black pepper.

Add the potatoes and sweet peppers. Toss to coat. Cover and chill for at least 4 hours or up to 24 hours. Gently stir in the avocado just before serving. Sprinkle with bacon.

Per Serving (excluding unknown items): 43 Calories; 3g Fat (56.8% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 106mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	43	Vitamin B6 (mg):	.1mg
% Calories from Fat:	56.8%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	30.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	13.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	3g	Folacin (mcg):	16mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
		% Refuse:	n n%

Cholesterol (mg):	1mg
Carbohydrate (g):	3g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	106mg
Potassium (mg):	166mg
Calcium (mg):	43mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	5mg
Vitamin A (i.u.):	132IU
Vitamin A (r.e.):	16RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 43 Calories from Fat: 24

% Daily Values*

Total Fat 3g	4%
Saturated Fat 1g	3%
Cholesterol 1mg	0%
Sodium 106mg	4%
Total Carbohydrates 3g	1%
Dietary Fiber 1g	2%
Protein 1g	

Vitamin A	3%
Vitamin C	8%
Calcium	4%
Iron	1%

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