

# Potato Salad

*www.TwoPeasAndTheirPod.com*

## Servings: 4

*2 pounds Russet potatoes, washed,  
peeled and halved  
1/2 cup plain Greek yogurt  
1/3 cup light mayonnaise  
1 tablespoon yellow mustard  
1 tablespoon whole grain mustard  
1/2 cup green onions, chopped  
1/2 cup celery, finely chopped  
1/3 cup dill pickles, finely chopped  
2 hard-boiled eggs, peeled and roughly  
chopped  
1 tablespoon fresh dill, finely chopped  
1/4 teaspoon paprika  
salt (to taste)  
pepper (to taste)*

## Preparation Time: 15 minutes

## Cook Time: 20 minutes

In a large pot, cover the potatoes with cold water. Add one teaspoon of salt. Bring to a boil. Reduce to a simmer. Simmer until the potatoes are tender when pierced with a fork, about 15 to 20 minutes. Drain the potatoes and rinse with cold water. Once the potatoes are cool, cut them into 1/2-inch chunks. Place in a large bowl.

In another large bowl, whisk together the yogurt, mayonnaise, yellow mustard and whole grain mustard. Pour the mixture over the potatoes. Gently stir with a rubber spatula until the potatoes are well coated. Add the onions, celery, pickles, eggs, dill and paprika. Gently stir again. Season with salt and black pepper, to taste.

Serve immediately or chill in the refrigerator for up to two days.

Start to Finish Time: 35 minutes

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Per Serving (excluding unknown items): 275 Calories; 7g Fat (22.0% calories from fat); 8g Protein; 46g Carbohydrate; 4g Dietary Fiber; 113mg Cholesterol; 354mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.

## Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	275	Vitamin B6 (mg):	.6mg
% Calories from Fat:	22.0%	Vitamin B12 (mcg):	.3mcg

% Calories from Carbohydrates: 65.9%  
 % Calories from Protein: 12.0%  
 Total Fat (g): 7g  
 Saturated Fat (g): 2g  
 Monounsaturated Fat (g): 2g  
 Polyunsaturated Fat (g): 3g  
 Cholesterol (mg): 113mg  
 Carbohydrate (g): 46g  
 Dietary Fiber (g): 4g  
 Protein (g): 8g  
 Sodium (mg): 354mg  
 Potassium (mg): 1365mg  
 Calcium (mg): 48mg  
 Iron (mg): 2mg  
 Zinc (mg): 1mg  
 Vitamin C (mg): 48mg  
 Vitamin A (i.u.): 544IU  
 Vitamin A (r.e.): 82 1/2RE

Thiamin B1 (mg): .2mg  
 Riboflavin B2 (mg): .2mg  
 Folic Acid (mcg): 53mcg  
 Niacin (mg): 4mg  
 Caffeine (mg): 0mg  
 Alcohol (kcal): 0  
 % Daily Value

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

Calories 275      Calories from Fat: 61

### % Daily Values\*

Total Fat 7g 11%  
   Saturated Fat 2g 8%  
 Cholesterol 113mg 38%  
 Sodium 354mg 15%  
 Total Carbohydrates 46g 15%  
   Dietary Fiber 4g 18%  
 Protein 8g

Vitamin A 11%  
 Vitamin C 81%  
 Calcium 5%  
 Iron 14%

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