



## Herbed Potato Salad

### “Yogurt-More Than a Breakfast Food”

Yield: 6 servings

Serving Size: about 1 cup

### Ingredients:

- 2 pounds Yukon gold potatoes
- 3 tablespoons white vinegar
- 1/2 cup plain low-fat yogurt
- 1/4 cup low-fat sour cream
- 1 tablespoon canola or vegetable oil
- 1/2 cup finely chopped red onion
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh dill
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 clove garlic, minced

### Directions:

Place potatoes in a saucepan, and cover with water. Bring to a boil. Reduce heat; simmer 15 minutes or until tender. Drain. Cool slightly and peel. Cut potatoes in half lengthwise; cut halves crosswise into 1/4-inch thick slices. Place potatoes in a large bowl and mix with vinegar. Combine yogurt and sour cream in a medium bowl, stirring with a whisk until smooth. Add oil; stir with a whisk. Add onion and remaining ingredients; stir with a whisk. Add yogurt mixture to potato mixture. Toss gently to coat. Cover and chill at least 1 hour. Sprinkle with extra dill as a garnish.

(Each serving provides 168 calories, 4 grams fat, 1.2 grams saturated fat, 6 mg cholesterol, 221 mg sodium, 30 grams carbohydrates, 2.6 grams fiber, 3.7 grams sugar, 4.2 grams protein)

Source: Adapted from *Cooking Light*, July 2002