

Herb Potato Salad

Ingredients:

- 1 pound potatoes
- 1/2 cup radishes
- 3 tablespoons plain yogurt, non-fat
- 1 tablespoon low-fat mayonnaise
- 1 1/2 teaspoon prepared mustard
- 1/2 teaspoon dried basil
- 1/4 teaspoon dried thyme
- 1/4 teaspoon onion powder
- 1/2 teaspoon garlic powder

Equipment:

- Cutting board
- Knife
- Medium saucepan with lid
- Large bowl
- Small bowl
- Spatula
- Measuring cups
- Measuring spoons

Number of Servings: 4
 Prep Time: 30 minutes
 Total Time: 30 minutes

Directions

1. Scrub potatoes and cut into cubes.
2. Place in medium saucepan and cover with cool water. Bring to a boil.
3. Cover, reduce heat and simmer 20 minutes or until potatoes are done. Drain. Add to medium bowl.
4. Wash radishes and slice off tops and bottoms. Put flat side on cutting board, and slice into thin slices. Add to potatoes.
5. In separate bowl, mix together yogurt, mayonnaise, mustard, basil, thyme, and garlic power.
6. Combine potatoes with dressing. Serve hot or cold.
7. Note: The mustard and seasoning make this a tasty potato salad. Try using red potatoes for added color.

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Nutrition Facts

Serving Size: 3/4 cup	
Servings: 4	
Amount Per Serving	
Calories 112	Calories from Fat 9
%Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 1mg	0%
Sodium 60mg	3%
Potassium 693mg	20%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Protein 3g	6%
Vitamin A 0%	Vitamin C 43%
Iron 6%	Calcium 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

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