

## Light Potato Salad

2 lb Russet potatoes  
½ tsp salt  
½ cup thinly sliced celery  
⅓ cup finely chopped onion  
2 tbsp sweet pickle relish

### Dressing

⅓ cup light mayonnaise  
⅓ cup light sour cream  
2 tbsp yellow mustard  
⅛ tsp ground black pepper

Yield: 7 (¾ cup) servings

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1. Peel and half potatoes and place them in large pot. Add water to cover. Add salt and boil over medium heat for about 15-20 minutes until just tender.
2. Drain the potatoes and cool. Cut into bite-size pieces and transfer to a large bowl.
3. Add celery, onion and pickle relish to potatoes and gently mix.
4. In a small bowl, combine the dressing ingredients and add to cooked potatoes. Stir well.
5. Cover potato salad and refrigerate for at least 1 hour before serving.

### Nutrient Value (per ¾ cup)

Calories: 168  
Carbohydrate: 31 g  
Protein: 3 g  
Saturated Fat: 1 g  
Fiber: 3 g