

# POTATO SALAD

HEALTHIER TRADITIONS COOKBOOK™

*American Classics*

## *Ingredients*

- 2 pounds Yukon Gold or red potatoes, cut into ½-inch cubes
- ½ teaspoon celery seed
- ¼ cup mayonnaise
- ¼ cup light/reduced fat sour cream or plain yogurt
- 1 tablespoon yellow mustard
- 1 tablespoon white wine vinegar
- 1 tablespoon lemon juice (or juice of ½ lemon)
- ½ medium red onion, finely chopped
- 2 celery stalks, finely chopped
- salt and pepper

## *Directions*

- 1.** Place potatoes in large pot and cover with cold water. Over high heat, bring to boil, reduce heat to medium-low, and simmer ~10–12 minutes until potatoes are tender. Drain potatoes, place on a plate, and refrigerate about 30 minutes until cooled.
- 2.** In large bowl, mix together celery seed, mayonnaise, sour cream, mustard, vinegar, onion, celery, salt and pepper. Add potatoes and toss to combine.
- 3.** Refrigerate at least 30 minutes, up to 2 days, before serving cold.

**SERVES 6**

Nutrition Facts: 220 calories, 10g fat, 2g saturated fat, 260mg sodium, 29g carbohydrates, 4g fiber, 4g protein