

## **Silly Dilly Potato Salad**

**Number of Servings: About 12** 

## Ingredient

6 each Potatoes, red, medium

2 tsp. Dry mustard2 Tbsp. Olive oil

1 cup Yogurt, fat-free, plain

2 Tbsp. Lemon juice 2 tsp. Dill weed, dried

## **Nutrients per serving**

Amount Per Serving			
Calories 110	Cal	ories fron	n Fat 2
		% Da	ily Value
Total Fat 2.5g			49
Saturated Fat	0g		09
Trans Fat 0g			
Cholesterol 0mg	)		09
Sodium 20mg			19
Total Carbohydi	rate	19g	69
Dietary Fiber 2	2g		89
Sugars 2g			
Protein 3g			
			450/
Vitamin A 0%		Vitamin (	2 15%
Calcium 2%	•	Iron 6%	
*Percent Daily Values : diet. Your daily values depending on your calo Calo	may b	e higher or l	
Total Fat Less Saturated Fat Less	than than than		80g 25g 300mg 2,400mg 375g 30g

## Instructions

- 1. Dice potatoes. Place in medium pot and add water to cover by about an inch. Bring to a boil. Reduce heat to medium high and continue boiling until tender when pierced with a fork.
- 2. Drain potatoes well and place in a mixing bowl to cool.
- 3. Meanwhile, in a small mixing bowl, mix remaining ingredients. Pour over potatoes and blend well.
- 4. Refrigerate until ready to serve.

This recipe can be part of a well balanced food plan.

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