Low-Fat Dijon Potato Salad

Total Servings: 6 • Serving Size: ½ Cup

Reduced-fat buttermilk and Dijon mustard give this salad a great flavor; but with much less fat!

Salad:
1 lb red potatoes, unpeeled and cubed
½ cup diagonally sliced celery
¼ cup sliced shallots

Dressing:
½ cup reduced-fat buttermilk
2 Tbsp reduced-fat mayonnaise
1 Tbsp Dijon Mustard
1 Tbsp tarragon vinegar

Directions:
1. In a medium-sized pot, cover the cubed potatoes with water. Bring to a boil, lower the heat, and cook on medium heat until potatoes are tender, yet firm (about 15 minutes).
2. Toss cooked potatoes with celery, scallions, and shallots.
3. In a small bowl, combine all dressing ingredients. Add to the potato salad and mix well. Refrigerate until ready to serve.

Exchanges
1 starch
½ fat

Calories 97
Calories from fat 17
Total fat 2 g
Saturated fat 0 g

Cholesterol 3 mg
Sodium 103 mg
Total Carbohydrate 18 g
Dietary Fiber 2 g
Sugars 3 g
Protein 2 g

References

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