



## Herbed Potato Salad

Serving Size:  $\frac{1}{4}$  of recipe

Yield: 4



### Ingredients:

- |  |                                     |
|--|-------------------------------------|
| 1 pound Reba potatoes                        | $\frac{1}{4}$ teaspoon dried thyme  |
| $\frac{1}{2}$ cup sliced radishes (optional) | $\frac{1}{4}$ teaspoon onion powder |
| $\frac{1}{2}$ teaspoon dried basil           |                                     |

### Dressing:

- |   |                                       |
|---|---------------------------------------|
| 3 Tablespoons yogurt, plain nonfat        | $\frac{1}{2}$ teaspoon chopped garlic |
| 1 Tablespoon mayonnaise, reduced calorie  | $\frac{1}{4}$ teaspoon salt           |
| 1 $\frac{1}{2}$ teaspoon prepared mustard |                                       |

### Instructions:

1. Scrub potatoes and cut into cubes.
2. Place in medium saucepan and cover with water.
3. Cover, reduce heat and simmer 12 minutes or until potatoes are done. Drain.
4. Mix dressing ingredients.
5. Combine hot potatoes, dressing, radishes, basil, thyme, and onion powder. Serve hot or cold.

**Note:** The mustard and seasoning make this a tasty potato salad.

### Adapted from:

Food Stamp Nutrition Connection's Recipe  
 Recipe Collection, p. 83  
 Staff from the University of Nebraska-Lincoln  
 Cooperative Extension  
 University of Nebraska

Nutrition Facts	
Serving Size (145g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 100</b>	<b>Calories from Fat 10</b>
<hr/>	
	<b>% Daily Value*</b>
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 210mg</b>	<b>9%</b>
<b>Total Carbohydrate 22g</b>	<b>7%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 3g	
<b>Protein 4g</b>	
<hr/>	
<b>Vitamin A 2%</b>	<b>Vitamin C 40%</b>
<b>Calcium 4%</b>	<b>Iron 6%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories    2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram	
Fat 9 • Carbohydrate 4 • Protein 4	