

Healthy Red Potato and Dill Salad

Serves: 8

Ingredients:

- 2½ pounds red potatoes, skin-on, ¾ inch dice
- 1 cup plain Greek yogurt*
- 2 green onions, thinly sliced
- 3½ tbsp. Dijon whole grain mustard
- 1 tbsp. Dijon mustard
- Salt and pepper, to taste
- Handful of dill, chopped

Instructions:

1. Add potatoes and enough cold water to cover in a stockpot. Simmer on medium about 20 minutes (do NOT boil), until potatoes are fork-tender. Drain.
2. Cool potatoes for 10 minutes in a single layer on a baking sheet.
3. In a large bowl, combine Greek yogurt, green onions, Dijon whole grain mustard, Dijon mustard, salt, pepper, and dill. Stir to mix well.
4. Add the cooled potatoes to the yogurt mixture and toss until all potatoes are well-coated. Pop in the fridge until ready to serve.

*Fat-free Greek yogurt used



<http://www.tablefortwoblog.com/easyrecipe-print/6829-0/>

Nutrition Facts	
Serving Size 8	
Amount Per Serving	
Calories 174	
% Daily Values*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 1mg	0%
Sodium 146mg	6%
Total Carbohydrate 36g	12%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 8g	16%

*Percent Daily Values are based on a 2,000 calorie diet.