



MaineHealth
Community Education

Low-Fat Potato Salad

Potato salad is a great side dish for your summer picnics and BBQs. It's easy to make, keeps well and almost everyone likes it. And this tastes even better if you make it the day before you eat it. Just remember, as this has mayonnaise in it, it must be kept chilled. As always, make this your own; add more of something if you really like that ingredient, just keep tasting to make sure you like it!

This recipe serves 6

The Ingredients:

1 pound or about 4-5 large Yukon gold potatoes,
scrubbed and chopped into bite-sized chunks

1 ½ teaspoons salt

1 tablespoon cider vinegar

½ cup chopped celery (about 2 stalks)

1/4 cup finely chopped sweet onion, like Vidalia
(about half of one medium onion)

1/4 cup roughly chopped flat-leaf parsley

The Dressing:

1/4 cup low fat or fat-free mayo

1/4 fat free plain Greek yogurt

1 tablespoon prepared mustard (your choice, I like
Dijon)

2 teaspoons sugar

1 teaspoon celery seeds (optional)

1/2 teaspoon salt (or more to taste)

Fresh ground black pepper (to taste)

The Cooking:

Put your scrubbed, chopped potatoes into a large pot filled with cold water and add the 1 1/2 teaspoons of salt. The water should cover the potatoes. On medium high heat boil the potatoes until they are tender, about 10-12 minutes. You can test this by inserting a fork into the potato chunk. If it slides through easily, they are done. Drain potatoes into a colander/strainer and let cool for about 10 minutes.

While they are cooling in the colander, sprinkle the 1 tablespoon of vinegar over the top of the potatoes and toss gently in the colander, set aside.

While the potatoes are boiling prepare the celery, onions and parsley and set aside.

In a large bowl, prepare your dressing. Using a whisk or a fork mix the mayo, yogurt, mustard and sugar until the sugar is dissolved. This will take about a minute of whisking, or until the dressing looks shiny and no longer seems gritty. Then add the celery seeds, salt and pepper.

Give it a taste. What does it need? More salt? More pepper? Add whatever you think it needs.

Now add the cooled potatoes, celery, onion and parsley to the dressing and gently toss with a spatula until everything is coated with the dressing. Taste again, does it need something or are you pleased?

Cover with plastic wrap and put in the refrigerator until you are ready to serve.