

Slimmed Down Potato Salad

1/3 cup light Italian dressing
7 medium potatoes, peeled, cubed and cooked
¾ cup celery, diced
1/3 cup onion, diced
2 hard-cooked eggs, chopped
½ cup light mayonnaise
½ cup non-fat plain yogurt
1 ½ teaspoon Dijon mustard

Directions:

1. Pour Italian dressing over the warm potatoes. Marinate in the refrigerator for 2 hours.
2. Cook the onion in the microwave for about 30 seconds in the small bowl. Add with celery to the potato mixture.
3. Gently stir in the eggs.
4. Mix together the mayonnaise, yogurt and mustard in the small bowl. Fold into the salad.
5. Chill at least two hours.

Nutrient Analysis, per serving: 196 calories, 29g. carbohydrate, 5g. protein, 7g. fat, 229mg. sodium, 58mg. cholesterol, 3g. fiber