



RED, WHITE, AND BLUE POTATO SALAD

ingredients:

- | | |
|--|------------------------------------|
| 1/2 pound Yukon gold potatoes, quartered | 1 teaspoon fresh dill, chopped |
| 1/2 pound red potatoes, quartered | 1 cup red bell pepper, diced |
| 1/2 pound purple potatoes, quartered | 1/2 cup yellow onion, diced |
| 1/2 cup apple cider vinegar | 2 Tablespoons light mayonnaise |
| 3 hard-boiled eggs, chopped | 1/2 cup plain low-fat Greek yogurt |
| 1 cup celery, chopped | 1 teaspoon Dijon mustard |
| | 1 teaspoon paprika (optional) |

directions:

1. Fill a large pot with water and bring to a boil. Carefully add quartered potatoes and 1/2 cup vinegar to water and boil until tender.
2. Drain potatoes and set aside to cool.
3. Combine eggs, celery, chopped dill, bell pepper, onion, mayonnaise, yogurt, and mustard in a bowl. Add potatoes and gently stir until evenly coated.
4. Chill potato salad overnight or for 2 hours before serving. Garnish with paprika.

Yield: 4 servings

Nutrition Information Per Serving:

234 Calories
7 grams Fat
2 grams Saturated Fat
144 mg Cholesterol
170 mg Sodium
30 grams Carbohydrates
1 gram Fiber
11 grams Protein

Food exchanges:

2 starch, 1 protein, 1 fat



**HENRY FORD
LIVEWELL**

in partnership with



For a demo of this LiveWell recipe, and for more wellness information, visit HenryFordLiveWell.com.