



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

CREAMY POTATO SALAD

COOKING LIGHT

Makes 6 Servings (1/3 cup servings)

- 1 large egg**
- ¾ pound fingerling potatoes**
- 2 tablespoons light mayonnaise**
- 1 tablespoon plain nonfat Greek yogurt**
- 1½ teaspoon prepared mustard**
- 1/3 cup pre-chopped celery**
- 3 tablespoons pre-chopped red onion**
- ¼ teaspoon kosher salt**
- ¼ teaspoon freshly ground black pepper**

- **Place a saucepan filled two-thirds with water over high heat; add egg, and cover.**
- **Cut potatoes into 1-inch pieces. Add potatoes to pan; cover and bring to a boil. Reduce heat to medium-high; cook 5 minutes or until tender. Drain.**
- **Combine remaining ingredients in a medium bowl; add potatoes. Peel and coarsely chop egg; add to potatoes.**