

Low-Fat Dijon Potato Salad

Total Servings: 6 • Serving Size: ½ Cup
Reduced-fat buttermilk and Dijon mustard give this salad a great flavor; but with much less fat!

Salad:

1 lb red potatoes, unpeeled and cubed
½ cup diagonally sliced celery
¼ cup sliced shallots

Dressing:

½ cup reduced-fat buttermilk
2 Tbsp reduced-fat mayonnaise
1 Tbsp Dijon Mustard
1 Tbsp tarragon vinegar

Directions:

1. In a medium-sized pot, cover the cubed potatoes with water. Bring to a boil, lower the heat, and cook on medium heat until potatoes are tender, yet firm (about 15 minutes).
2. Toss cooked potatoes with celery, scallions, and shallots.
3. In a small bowl, combine all dressing ingredients. Add to the potato salad and mix well. Refrigerate until ready to serve.

Exchanges		Cholesterol	3 mg
1 starch		Sodium	103 mg
½ fat		Total Carbohydrate	18 g
Calories	97	Dietary Fiber	2 g
Calories from fat	17	Sugars	3 g
Total fat	2 g	Protein	2 g
Saturated fat	0 g		

References

Webb, Robyn, Diabetic Meals In 30 Minutes – or Less, 2nd Edition, 2006

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