

# Herb Potato Salad

Rating: ★★★★★

Makes: 4 servings

## Ingredients

- 1/4 tablespoon** salt
- 5** small potatoes (1 pound)
- 1/2 cup** radishes (sliced, optional)
- 1/2 teaspoon** basil (dried)
- 1/4 teaspoon** thyme (dried)
- 1/4 teaspoon** onion powder
- 3 tablespoons** yogurt, non-fat plain
- 1 tablespoon** mayonnaise, reduced calorie
- 1 1/2 teaspoons** prepared mustard
- 1/6 tablespoon** garlic (1/2 teaspoon, chopped)

## Directions

1. Scrub potatoes and cut into cubes.
2. Place in medium saucepan and cover with water. Bring to a boil.
3. Cover, reduce heat and simmer 12 minutes or until potatoes are done. Drain.
4. Mix dressing ingredients.
5. Combine hot potatoes, dressing, radishes, basil, thyme, and onion powder. Serve hot or cold.

## Notes

The mustard and seasoning make this a tasty potato salad. Try using new red potatoes for added color.

University of Nebraska, Recipe Collection, p.83 Staff from the University of Nebraska-Lincoln Cooperative Extension

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	110	
Total Fat	1.5 g	2%
Protein	3 g	
Carbohydrates	22 g	7%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	200 mg	8%