



Savory Potato Salad

Instructions

1. Wash potatoes, cut in half, and place them in cold water in a saucepan
2. Cook covered over medium heat for 25 to 30 minutes or until tender
3. Drain and dice potatoes when cool
4. Add vegetables and egg to potatoes and toss
5. Blend together mayonnaise, mustard, salt, pepper, and dill weed
6. Pour dressing over potato mixture and stir gently to coat evenly
7. Chill for at least one hour before serving

Tip

Potatoes contain iron, phosphorous, calcium, magnesium, and zinc which contribute to the building and maintain of bone structure and strength. They also contain minerals which decrease blood pressure. The fiber in potatoes contains "bulking agents" which make people feel fuller for longer.

Yield: 10 servings
Serving Size: ½ cup
Calories 98
Total fat 2 g
Saturated fat 3 g
Cholesterol.....less than 1 mg
Sodium 212 mg

Ingredients

- ❖ 6 medium potatoes (about 2 lbs)
- ❖ 2 stalks celery, finely chopped
- ❖ 2 stalks scallion, finely chopped
- ❖ ¼ cup red bell pepper, coarsely chopped
- ❖ ¼ cup green bell pepper, coarsely chopped
- ❖ 1 Tbsp onion, finely chopped
- ❖ 1 egg hard boiled, chopped
- ❖ 6 Tbsps mayonnaise, light
- ❖ 1 tsp mustard
- ❖ ½ tsp salt
- ❖ ¼ tsp black pepper
- ❖ ¼ tsp dill weed, dried



To help organizations help people shop for, prepare, and serve healthy meals, the National Heart, Lung, and Blood Institute (NHLBI) has created these Keep the Beat Recipes Tools and Resources. Additional information about the recipe may be accessed by visiting <http://www.nhlbi.nih.gov>.

