



Mustard & Dill Potato Salad

A Lightened Up, Snazzy Potato Salad, Customizable To Your Liking

This is my lightened up version of Ina Garten's famous potato salad. Like most 'famous' recipes online, the original was loaded with enough full fat mayonnaise to send Fat Albert to his cardiologist. Anyone can make food taste good if it's loaded with butter, mayo and bacon grease. In this lightened version, we're cutting fat free Greek yogurt with a touch of light mayo. Next, we're thinning it with a little water and some dill pickle relish for added zing. All in all, we end up cutting about 50 billion calories from a regular recipe, but what's new.

Ingredients:

- 1.5 pounds of small yellow potatoes. You can use any thin skinned, small potato variety you like. If you use large potatoes, increase the boiling time.
- 1/2 cup fat free plain Greek yogurt
- 1 Tbsp light mayonnaise
- 1 Tbsp dijon mustard
- 1 Tbsp stone ground mustard (*see notes*)***
- 1 Tbsp water
- 2-3 Tbsp dill pickle relish, to taste.
- 3-4 Tbsp fresh dill, finely chopped, to taste.
- 1-1/2 to 3/4 tsp salt, to taste
- 1/2 tsp pepper
- 1/3 cup diced red onion
- 1/2 cup diced celery
- 2 large hardboiled eggs, chop the egg whites, discard yolks. (*see notes*)***

Serving Info.:

Yields: 5-1/2 cups
Servings: 7
Serving Size: 3/4 cup

Points:

	G	B	P
1 serving =	2	2	0
2 servings =	5	4	0
3 servings =	7	6	0
4 servings =	9	9	1

Directions:

- 1 Bring a pot of water to a boil over medium-high heat. Add potatoes and boil for 15 minutes. Drain water, keep the potatoes in a strainer and cover with a towel. Allow to cool, covered, for 10 minutes.
- 2 While the potatoes are resting, covered, Mix together the yogurt, mayo, 2 mustards, water, relish, fresh dill, salt and pepper, till well combined. Set aside.
- 3 After the potatoes have rested for 15 minutes, move them to a cutting board and slice into bite sized pieces. Make them as large or as small as you wish. I personally cut the medium sized potatoes into 1/8's and the smaller potatoes into 1/4's.
- 4 In a large mixing bowl, gently fold together the potatoes with the dill dressing. When well mixed, fold in the diced red onions and celery. Lastly, fold in the chopped egg whites. Cover and let sit in the fridge for 20-30 minutes, then taste and season with additional salt and pepper or relish, to taste. Done.

Note:

- **GREENIES:** We're using 2 chopped up egg whites, rather than whole eggs, to save you a point. If you're on **BLUE** or **PURPLE**, feel free to add as many chopped up eggs as ya want.
- **'Stone Ground Mustard':** Different brands of stone ground mustard allow you to have different amounts for 0 points. Scan the brands at your store. "Organics" stone ground mustard lets you have 1 Tbsp for 0. Most brands only let you have 2 tsp. Use whatever brand you can, but use a 0 point amount of what's available.
- **Fresh Dill:** If you don't like dill, try subbing it with chives. This is a very customizable recipe.
- The original recipe is 11 points per serving. It also has an extra 1,961 calories and 165 grams more fat.

