



Lightened Up Potato Salad

Julie Andrews, Chef and Registered Dietitian Stride in the Kitchen

A lightened-up potato salad with yogurt dill dressing, perfect for the summer months.

Prep time: 15 mins Cook Time: 15 mins Total Time: 30 mins + 30 mins refrigeration

Serves 8

Ingredients:

Potato Salad:

5 large eggs

1 ½ lbs. (.67 kg) baby red potatoes, quartered – [watch video how to chop potatoes](#)

3 medium stalks celery, diced

½ cup (120 mL) flat-leaf Italian parsley, chopped

Yogurt Dill Dressing:

½ cup (120 mL) plain Greek or regular yogurt

¼ cup (60 mL) mayonnaise

3 tablespoons (45 mL) Dijon mustard

2 tablespoons (30 mL) olive oil

Zest and juice of ½ medium lemon

2 tablespoons (30 mL) fresh dill, chopped

¾ teaspoon (3.75 mL) kosher salt

¾ teaspoon (3.75 mL) granulated sugar

½ teaspoon (2.5 mL) ground black pepper

¼ teaspoon (1.25 mL) celery salt

Instructions:

1. Bring a saucepan filled ¾ of the way full with water to a boil. Gently add the eggs with a slotted spoon and boil 12-13 minutes. Drain and place the eggs in ice water until cooled. Peel the eggs and rinse with cold water. Cut into quarters and set aside.
2. In a separate large pot, bring a gallon of water to a boil. Add the potatoes and cook 7-9 minutes or until slightly tender. Drain and rinse with cold water. Place the potatoes, eggs, celery and parsley in a large bowl.
3. In a separate small bowl, whisk together the yogurt, mayonnaise, Dijon, olive oil, lemon zest and juice, dill, salt, sugar, black pepper and celery salt. Taste and adjust seasoning, if necessary. Add the dressing to the large bowl with the potatoes, eggs, celery and parsley and stir to combine.
Refrigerate at least 30 minutes.

Cooking Tips: Make the salad and dressing in advance and assemble about an hour before eating. The small amount of sugar added to the dressing acts as a balancer for the acidic and tangy ingredients like yogurt, Dijon and lemon.

Substitution Tips: You can use Greek or regular yogurt for this recipe. The nutrition facts have been configured using Greek yogurt.

Nutrition:

Serving Size: 2/3 cup

Calories: 232

Sugar: 2g

Sodium: 247mg

Fat: 12g

Saturated Fat: 2g

Unsaturated Fat: 10g