

Garden Potato Salad

From Stay Young at Heart – National Heart, Lung, and Blood Institute
<http://www.nhlbi.nih.gov/health/public/heart/other/syah/garpotsa.htm>

Ingredients

- 3 lb (about 6 large) potatoes, boiled in jackets, peeled and cut into 1/2-inch cubes
- 1 C chopped celery
- 1/2 C sliced green onion
- 2 Tbsp chopped parsley
- 1 C low-fat cottage cheese
- 3/4 C skim milk
- 3 Tbsp lemon juice
- 2 Tbsp cider vinegar
- 1/2 tsp celery seed
- 1/2 tsp dill weed
- 1/2 tsp dry mustard
- 1/2 tsp white pepper

Instructions

1. In a large bowl, place potatoes, celery, green onion, and parsley.
2. Meanwhile, in a blender or food processor, blend cottage cheese, milk, lemon juice, vinegar, celery seed, dill weed, dry mustard, and white pepper until smooth. Chill for 1 hour.
3. Pour chilled cottage cheese mixture over vegetables; mix well. Chill at least 30 minutes before serving.

Makes 10 servings (1 cup per serving)

Nutrition information per serving

Calories: 151

Total fat: <1 g

Saturated fat: <1 g

Cholesterol: 2 mg

Sodium: 118 mg