



Healthier Potato Salad

Yield: 6 servings | Prep Time: 10 minutes | Cook Time: 15 minutes | Total Time: 25 minutes

INGREDIENTS:

2 lbs baby potatoes, Yukon gold or red potatoes
3 eggs large
3/4 cup pickles, sauerkraut or fresh cucumber, diced
5 tbsp red onion finely chopped
4 tbsp dill finely chopped
1 tbsp yellow mustard

1 tbsp any light colour vinegar
1/2 cup plain yogurt, 2%+ fat
1/4 cup mayo
1 tsp salt
1/2 tsp ground black pepper

INSTRUCTIONS:

- To cook potatoes and eggs on the stove:** In a medium pot, add potatoes, eggs and enough cold water to cover. Place lid on top and bring to a boil on high heat. Reduce heat to low and cook for seven minutes. Remove eggs with a slotted spoon into a bowl with cold water. Keep cooking potatoes more depending on size: baby - extra 10 minutes, medium - 20 minutes, large - 25 minutes. Or until fork tender.
- To cook potatoes in Instant Pot:** To six or eight quart Instant Pot, add one cup cold water, basket or trivet and place potatoes on top. Cook on High Pressure with Quick Release: baby potatoes - 10 minutes, medium 12 minutes, large - 15 minutes. Then you will have to make Instant Pot eggs separately or boil them on the stove for seven minutes.
- Drain potatoes and let cool for 20 minutes uncovered.
- In the meanwhile, prep and add to a large salad bowl: pickles, red onion, dill, mustard, vinegar, yogurt, mayo, salt and pepper.
- Chop the eggs and add to the bowl.
- Cut potatoes into desired size pieces - some like chunky potato salad (cut into two inch cubes) and some more mushy (diced potatoes). Add to the bowl and gently stir salad with large spoon.
- Chill for at least three hours or overnight before serving.
- Serve cold with corn on the cob, grilled chicken or healthy turkey burgers.

NUTRITION INFORMATION PER SERVING:

Serving: 0.75 cup | Calories: 232kcal | Carbohydrates: 29g | Protein: 7g | Fat: 10g | Saturated Fat: 2g | Cholesterol: 88mg | Sodium: 526mg | Fiber: 4g | Sugar: 3g