

# Healthy Potato Salad

From the kitchen of Rosie Gonzalez, Houston

Preparation time: 35-45 minutes

Number of servings: 6

## **Ingredients:**

*3 medium potatoes cut into cubes*

*1 stalk celery, chopped*

*½ cup peas*

*½ teaspoon mustard*

*½ teaspoon salt (optional)*

*⅛ teaspoon pepper*

*Dash of paprika*

*½ cup nonfat mayonnaise*

## **Preparation:**

1. Boil potato cubes in water for 30-40 minutes.
2. Drain water and let potato cool.
3. Add celery, peas, mustard, and nonfat mayonnaise to potato cubes. Mix well.
4. Season with salt, pepper and paprika.

## **Nutrition information per serving:**

FAT: 2% of calories from fat (low)

FIBER: 2 grams

CALORIES: 72



## **TIP**

*You don't have to give up potato salad—read labels and look for dressings without fat.*