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
⅛ 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.