



Potato Salad with Yogurt Dressing

Prep Time: 25 minutes

Chill Time: 1 hour

Cost per serving: \$0.20

What you need:

Utensils:

- Cutting board & knife
- Measuring cups & spoons
- Mixing spoon
- Large bowl

Ingredients:

- 4 cups cooked chopped and peeled potatoes
- 1 cup chopped celery
- $\frac{3}{4}$ cup fat-free plain yogurt
- $\frac{1}{4}$ cup chopped onion
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons vinegar
- Salt and pepper to taste (optional)

What to do:

1. Wash hands and cooking area.
2. In a large bowl, combine yogurt, onions, vinegar, olive oil, celery, salt and pepper, mix well.
3. Fold potatoes into yogurt dressing.
4. Refrigerate at least 1 hour before serving.



BETTER LIVING
FOR TEXANS

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Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 12	
Amount Per Serving	
Calories 70	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 2g	
Vitamin A 0%	Vitamin C 15%
Calcium 4%	Iron 2%