Potato Salad

Source: Healthy Eating for Life for Children by Amy Lanou, PhD; recipe by Jennifer Raymond, MS, RD

This healthy and satisfying potato salad is perfect for any picnic.

About the Recipe

155 Calories · 4.2 g Protein · 4.6 g Fiber
Lunch

Ingredients

Makes 5 Servings

- 4 medium potatoes, chopped
- 12 celery sticks, thinly sliced, including leaves
- 3 green onions, chopped
- 1/4 c (22 g) or 1/2 bunch fresh parsley, chopped
- 3 tbsp (45 mL) seasoned rice vinegar
- 1/4 c (60 mL) low-fat vegan mayonnaise
- 1 1/2 tbsp (22.5 mL) stone-ground mustard
- 1/2 tsp (2.5 mL) iodized salt
- 1/8 tsp (0.6 mL) ground black pepper

Directions

1. Steam potatoes over boiling water until just barely tender, about 15 minutes, and then transfer to a large bowl.
2. Add celery, green onions, parsley, and vinegar. Stir to mix.
3. Stir in low-fat vegan mayonnaise, mustard, salt, and black pepper and toss gently. Chill before serving, if time allows.

4. Note: A stick of celery is also called a rib of celery. A celery stalk is the whole bunch!

Nutrition Facts

Per 1-c serving:

Calories: 155

Fat: 0.8 g

Saturated Fat: 0.1 g

Calories From Fat: 4.7%

Cholesterol: 0 mg

Protein: 4.2 g

Carbohydrate: 34.2 g

Sugar: 5.8 g

Fiber: 4.6 g

Sodium: 444 mg

Calcium: 61 mg

Iron: 3.3 mg

Vitamin C: 25.8 mg

Beta-Carotene: 263 mcg

Vitamin E: 0.3 mg