

# Potato Salad

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

Give your picnic a facelift with this healthy and satisfying potato salad.

## About the Recipe

**155 Calories · 4.2 Protein · 4.6 g Fiber**

**Lunch**

## Ingredients

***Makes 5 Servings***

- medium potatoes, chopped (4)
- celery stalks, thinly sliced, including leaves (2)
- green onions, chopped (3)
- fresh parsley, chopped (1/4 cup)
- seasoned rice vinegar (3 tbsp.)
- plant-based mayonnaise substitute (1/4 cup)
- stone-ground mustard (1 1/2 tbsp.)
- salt (1/2 tsp.)
- black pepper (1/8 tsp.)

## 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.&nbsp;
3. Stir in plant-based mayonnaise,&nbsp;mustard, salt, and black pepper and toss gently. Chill before serving, if time allows.

# Nutrition Facts

*Per 1-cup serving*

**Calories:** 155

**Fat:** 0.8 g

**Saturated Fat:** 0.1 g

**Calories from Fat:** 4.7%

**Cholesterol:** 0 mg

**Protein:** 4.2 g

**Carbohydrates:** 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