Healthy Recipe: Creamy Potato Salad

Low-fat Greek yogurt is a great substitute for many high-fat items, including mayonnaise.

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The dressing for this potato salad is absolutely delicious — and proves that mayo is not needed to make a savory, satisfying summer salad. Low-fat Greek yogurt is a great substitute for many high-fat items, including mayonnaise. Even light mayo has three times more calories per cup than full-fat Greek yogurt. Enjoy!

6 servings

8 ingredients

15 minute prep

Ingredients

- 2 pounds baby Yukon Gold potatoes
- ⅓ cup plain Greek yogurt
- ½ a large lemon, juiced
- 2 teaspoons Dijon mustard
- 2 teaspoon shallots or red onion, minced
- 3 tablespoons minced pickles or drained capers
- 1 teaspoon of fresh thyme leaves
- Salt and black pepper, to taste

Directions

1. In a medium stockpot, cover the potatoes with cold water. Add a generous pinch of salt and bring to a boil. Cook until the potatoes are very tender, about 10 to 15 minutes. Drain and run under cold water.
2. While the potatoes are boiling, in a large bowl whisk together the yogurt, lemon juice, mustard,

minced shallots, pickles or capers, thyme leaves, salt, and pepper. Set aside.
3. Halve the potatoes and pull off the skin, it should slip off easily, then halve again into quarters. Repeat and add to the dressing. Mix well, smashing a few of the potatoes against the side of the bowl. Taste for seasoning. Cover and keep in the refrigerator until ready to eat.

Chef Tips

If you prefer pickles, mince a couple of whole pickles yourself, instead of using bottled relish that has hidden added sugar.

Nutrition Facts (per serving)

Calories: 136; Fat: 1g; Saturated Fat: 1g; Polyunsaturated Fat: 0g; Monounsaturated Fat: 0g; Carbohydrates: 28g; Sugar: 2g; Fiber: 4g; Protein: 5g; Sodium: 421mg

Registered Dietitian Approved

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