

PURPLE POTATO SALAD

Ingredients

- 2 lb small purple potatoes, scrubbed
- 1 cup nonfat Greek-style yogurt (Fage or Oikos)
- ¼ cup Dijon mustard
- ¼ cup finely chopped chives
- ¼ cup finely chopped red onion
- 2 celery stalks, finely chopped
- 1 pinch cayenne pepper
- 2 hard boiled eggs, roughly chopped
- Chopped chives (garnish)

Directions

1. In a 3-quart saucepan, bring water to a boil.
2. Add potatoes and cook for 12-15 minutes, until tender but not mushy.
3. Drain potatoes in colander, rinse and set aside to cool slightly.
4. Meanwhile, in a small bowl, whisk the yogurt and mustard together.
5. Stir in the chives, red onion, celery, and cayenne pepper.
6. When the potatoes are cool enough to handle, chop them into quarters and place in large serving bowl.
7. Add the chopped hard boiled eggs.
8. Pour the yogurt dressing on top and stir to combine.
9. Top with the chives, serve at room temperature or chill in fridge.

Yields: 8 servings

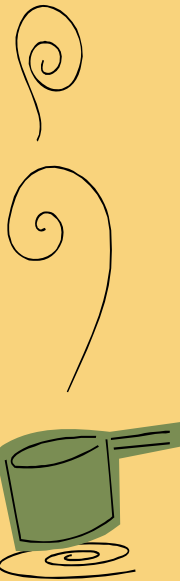
Calories: 163

Fat: 2 g

Protein: 8 g

Carb: 29 g (5g fiber)

RECIPES



For eating well
after bariatric
surgery

Fill up on fiber, folate, and
antioxidants!



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