



Red, White and Blue Potato Salad

INGREDIENTS (Yield: 4 servings)

- ½ pound Yukon gold potatoes, quartered
- ½ pound red potatoes, quartered
- ½ pound purple potatoes, quartered
- ½ cup apple cider vinegar
- 3 hard-boiled eggs, chopped
- 1 cup celery, chopped
- 1 teaspoon fresh dill, chopped
- 1 cup red bell pepper, diced
- ½ cup yellow onion, diced
- 2 Tablespoons light mayonnaise
- ½ cup low-fat plain Greek yogurt
- 1 teaspoon Dijon mustard
- 1 teaspoon paprika (optional)

NUTRITION INFORMATION: 234 calories; 7 grams fat; 2 grams saturated fat; 144 mg cholesterol; 170 mg sodium; 30 grams carbohydrates; 1 gram fiber; 11 grams protein

DIRECTIONS

1. Fill a large pot with water and bring to a boil. Carefully add quartered potatoes and ½ cup vinegar to water and boil until tender. Drain potatoes and set aside to cool. Combine eggs, celery, chopped dill, bell pepper, onion, mayonnaise, yogurt, and mustard in a bowl. Add potatoes and gently stir until evenly coated. Chill potato salad overnight or for 2 hours before serving. Garnish with paprika seasoning.