

# Potato Salad

6 medium potatoes, unpeeled  
3 hard-cooked egg whites, chopped  
1/2 cup finely chopped sweet pickles  
1/4 cup finely chopped onion  
1/8 teaspoon pepper  
Paprika

## Dressing:

1 cup plain nonfat yogurt  
1/4 cup low-fat mayonnaise  
1 tablespoon prepared mustard  
Salt and pepper to taste

- Bake or boil potatoes until tender (about 45 minutes). Break into very small pieces with knife and fork. Add chopped egg whites, pickles, onion and pepper. Refrigerate in covered container until serving time.
- To make dressing, mix together yogurt, mayonnaise, mustard, salt and pepper and refrigerate. Just before serving, mix dressing with potato mixture. Lightly sprinkle with paprika. Makes 6 servings.

## Selection and Storage

### Potatoes

Choose firm, fairly smooth potatoes. Avoid potatoes with cuts, bruises, or buds.

Do not refrigerate. Keep in a cool, dry place and use within 2–3 months.