

Potato Salad

This “picnic” and summertime favorite uses lower fat mayonnaise and fat free/cholesterol free egg products. There is no added salt. Contributors: Los Angeles Healthy African American Families’ staff and friends taste tested the recipes for CNESINC.org

Amount	Measure	Ingredients	Preparation Method
2	Pounds (6 medium sized)	Potatoes	Washed, peeled, cut into cubes. Place into mixture of water and ¼ cup lemon juice to preserve the color.
1	Cup	Mayonnaise	(20 calories per tablespoon)
1	Tablespoon	Vinegar	
½	Teaspoon	Mustard, prepared	
1	Teaspoon	Black pepper	
1	Tablespoon	Celery seeds	
2	Teaspoons	Onion powder	
¼	Cup	Commercial egg product (fat free/cholesterol free)	Microwave, and then chopped for use.

1. Wash potatoes, peel, cut into cubes. Place into mixture of water and ¼ cup lemon juice to preserve the color. Drain the water mixture.
2. Add potatoes to boiling water(enough to cover) for 30-35 minutes
3. Mix mayonnaise, vinegar, mustard, pepper, celery, onions.
4. *Cook commercial egg product (fat free\cholesterol free) :*
5. Spray pan w/vegetable cooking spray; add commercial egg product;
6. Microwave on “high” for 1 minute.
7. Add chopped eggs, potatoes, and mix all ingredients.
8. Cover and refrigerate until served.

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Yield: Eight (8) ½ cup servings

	Calories	Sodium	Total fat	Sat. fat	Chol	Fiber
Daily Value (DV)	2,000	2400 mg	65 g	20 g	300 mg	25 g
1 serving of this recipe	124	260 mg (11%)*	4g (6%)	-	-	1g

* Prepared mustard /low sodium (if available) would decrease the sodium content.

Do you have recipes that you want us to modify?
Send it to Mable@cnesinc.org