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**United States Potato Board**  
**Quick and Healthy Potato Salads**

**Classic Potato Salad**

*To save time, chop vegetables while potatoes are cooking. This salad may be served right away, but is best if refrigerated for at least 1 hour to allow flavors to blend.*

Prep time: 15 minutes

Cook time: 12 minutes

Start to finish: About 30 minutes total

**Cost per serving: \$1.06**

1 1/2 lbs. red potatoes\*  
1 cup nonfat plain yogurt  
1/3 cup minced red onion  
1/3 cup thinly sliced celery  
1/4 cup minced dill pickles plus 1 tablespoon juice from jar  
1/2 tablespoon yellow mustard  
1/4 teaspoon sea salt  
Freshly ground pepper to taste  
Chopped fresh parsley

Place whole potatoes (do not poke) into microwave-safe dish. Cover dish. (If covering dish with plastic wrap, poke small hole in plastic.) Microwave on HIGH for 10 to 12 minutes depending on strength of microwave. Use oven mitts to remove dish from microwave; carefully remove cover from dish due to steam build-up and let cool. Cut potatoes into bite-size pieces and place in a large bowl with *remaining* ingredients; stir well to mix. Makes 4 servings.

\*Russets, yellow or white potatoes can be substituted, but make sure to peel skins off potatoes after cooking and cooling, but before tossing with remaining ingredients

*Nutritional analysis per serving with skins:*

Calories: 180, Fat: 0g, Saturated Fat: 0g, Trans Fat: 0g, Cholesterol: 0mg, Sodium: 530mg, Potassium: 714mg, Carbohydrates: 41g, Fiber: 4g, Sugar: 6g, Protein: 6g, Vitamin A: 10%, Vitamin C: 50%, Calcium: 10%, Iron: 4%

**Variations**

**Greek Potato Salad**

Omit celery, pickles, pickle juice and mustard. Replace plain yogurt with Greek yogurt. Stir in 1/4 cup Kalamata olive wedges, 1/4 cup peeled, chopped cucumber and 1 tablespoon lemon juice. Sprinkle with 1/2 cup crumbled feta cheese and chopped fresh oregano if desired.

*Cost per serving: \$1.54*

*Nutritional analysis per serving with skins:*

Calories: 210, Fat: 2g, Saturated Fat: 0g, Trans Fat: 0g, Cholesterol: 0mg, Sodium: 450mg, Potassium: 690mg, Carbohydrates: 39g, Fiber: 3g, Sugar: 5g, Protein: 9g, Vitamin A: 4%, Vitamin C: 45%, Calcium: 8%, Iron: 4%

### **Garden Veggie Potato Salad**

Omit pickles, pickle juice and mustard. Stir in 3/4 cup coarsely chopped and lightly packed fresh spinach, 1/4 cup diced bell pepper, 3 tablespoons shredded carrots, 1 tablespoon snipped fresh basil and 1/2 of a (6.5-oz.) jar coarsely chopped marinated artichoke hearts (including liquid).

*Cost per serving: \$1.97*

*Nutritional analysis per serving with skins:*

Calories: 200, Fat: 2g, Saturated Fat: 0g, Trans Fat: 0g, Cholesterol: 0mg, Sodium: 410mg, Potassium: 786mg, Carbohydrates: 43g, Fiber: 5g, Sugar: 6g, Protein: 6g, Vitamin A: 40%, Vitamin C: 60%, Calcium: 10%, Iron: 4%

### **Baked Potato Salad**

Omit pickles, pickle juice and mustard. Stir in 1/2 cup shredded reduced-fat Cheddar cheese, 1/4 cup snipped fresh chives and 3 tablespoons real bacon bits or pieces.

*Cost per serving: \$1.47*

*Nutritional analysis per serving with skins:*

Calories: 240, Fat: 4g, Saturated Fat: 2g, Trans Fat: 0g, Cholesterol: 15mg, Sodium: 620mg, Potassium: 712mg, Carbohydrates: 41g, Fiber: 3g, Sugar: 6g, Protein: 11g, Vitamin A: 15%, Vitamin C: 50%, Calcium: 30%, Iron: 4%

**FINAL**