

Potato Salad

Food Item	F&V Servings	Low-Fat Dairy Servings	Whole Grains Servings	Lean Protein Servings	Sodium (mg)
1 serving Potato Salad	1	0	0	0	120
TOTAL:	1	0	0	0	120

Serves: 4

1 Serving= about $\frac{3}{4}$ cup

Ingredients

- 1 pound potatoes, diced and boiled or steamed
- 1 large yellow onion, minced (1 cup)
- 1 large carrot, diced (1/2 cup)
- 2 ribs celery, diced (1/2 cup)
- 2 tablespoons minced dill
- 1 teaspoon black pepper
- 1/4 cup low-calorie mayonnaise
- 1 tablespoon Dijon mustard
- 2 tablespoons red wine vinegar

Directions

1. Place all ingredients in a bowl and mix thoroughly. Serve.