

EGGCELLENT & HEALTHY POTATO SALAD LUNCHEON



Serving: 4

Cooking Time: Not Specified

Prep Time: Not Specified

INGREDIENTS

- 4 Small potatoes (360g), with skin on

- ½ Cup Lite Mayonnaise
- ¼ Cup Low Fat Plain Yoghurt
- 1 Stalk Celery, thinly sliced
- 2 Stalks Spring Onion, thinly sliced
- 2 tsp. Dijon Mustard
- 1 Tbs. Balsamic Vinegar
- ½ tsp. Coarse Salt
- Black Pepper
- 2 Hardboiled Eggs, coarsely chopped

INSTRUCTIONS

1. Wash potatoes and cut into 1-inch cubes, leaving skin on 2. In a covered saucepan, boil potatoes in enough water to cover for 20 to 25 minutes or until just tender. Drain well 3. In a large bowl, combine mayonnaise, celery, spring onion, mustard, vinegar, salt, and black pepper 4. Add potatoes and egg to mayonnaise mixture. Toss lightly to mix. Cover and chill in the fridge at least 6 hours (or up to 24). Recipe analysis per serving: 708 kJ 4.1 g Protein 8.5 g Fat 18.1 g Carbohydrate 1.9 g Fibre 373 mg Sodium