

## Herbed Potato Salad (makes 6 servings)

1 lb Potatoes (red skinned or white skinned)  
3 Tbsp Reduced fat mayonnaise  
1-1/2 tsp Spicy prepared mustard  
1/2 tsp Minced garlic  
1 Tbsp Minced onion  
1/2 tsp Dried basil  
1/4 tsp Dried thyme  
1/4 tsp Salt (optional)  
1 Tbsp Fresh chopped parsley (or 1 tsp. dried parsley)

Scrub potatoes and cut into cubes. Place in medium saucepan and cover with water. Bring to a boil. Cover, reduce heat and simmer about 12 minutes. Drain water and set potatoes aside. Mix all remaining ingredients together in a small bowl. Combine hot potatoes and dressing. Serve hot or cold.

### **Recipe Nutrition per serving**

87 calories; 2 gm protein; 16 gm carbohydrate; 1.5 gm total; 1.5 gm fiber; 157 mg sodium