

Potato Salad

3 pounds potatoes
2 eggs
2 stalks celery
3 green onions
 $\frac{1}{2}$ cup fat free mayonnaise
 $\frac{1}{2}$ cup fat free sour cream
 $\frac{1}{4}$ cup pickle relish
2 tablespoons cider vinegar
1 tablespoon mustard
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon black pepper

Makes 10 portions, $\frac{1}{2}$ cup each

Per portion

Calories:	164
Carbohydrate:	34 grams
Protein:	4 grams
Fat:	1 gram
Saturated fat:	0
Cholesterol:	44 milligrams
Sodium:	265 milligrams
Dietary fiber:	3 grams

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1. Scrub potatoes and boil in skins until tender. Drain and set aside to cool.
 2. Boil eggs. Drain and set aside to cool.
 3. Peel potatoes and cut into $\frac{1}{2}$ inch cubes.
 4. Wash and chop celery and green onions.
 5. Combine potatoes and eggs in large bowl. Add celery, green onions, mayonnaise, sour cream, pickle relish, cider vinegar, mustard, salt, and black pepper. Mix thoroughly.
 6. Refrigerate at least 1 hour before serving.