
Almost Guiltless Potato Salad

Suzanne B carlock - New York

North American Potpourri - Autism Directory Service, Inc - 1993

6 medium red skin potatoes, cooked and cubed

4 to 6 scallions

2 ounces chicken broth or chicken bouillon

2 to 4 tablespoons low-calorie mayonnaise

1 tablespoon country Dijon mustard

salt (to taste)

pepper (to taste)

In a pot, cook the potatoes until done. Cut into bite-sized pieces. Cut the scallions into 1/2-inch pieces.

In a bowl, combine the chicken broth, mayonnaise and mustard. Mix well. Pour over the potatoes and scallions. Add the pepper. Toss. Taste for seasoning. Add salt.

(The chicken broth and mustard add a lot of flavor and not much salt is usually required.)

Salads

Per Serving (excluding unknown items): 19 Calories; trace Fat (3.2% calories from fat); 1g Protein; 4g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 1 Vegetable.