
Kale-Potato Salad

Coweed

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Servings: 3

Preparation Time: 15 minutes

Start to Finish Time: 1 hour 45 minutes

1 pound tiny new potatoes, quartered

1/2 cup plain Greek-style yogurt

1/4 cup light mayonnaise

1 tablespoon finely chopped red onion

1/4 teaspoon salt

1/4 teaspoon pepper

2 cups chopped kale

1/4 cup oregano

Place the potatoes in a large saucepan with water to cover. Bring to a boil. Cook, covered until tender, 15 to 20 minutes. Drain. Rinse with cold water. Let the potatoes cool.

In a large bowl, stir together the mayonnaise, yogurt, red onion, salt and pepper.

Stir in the chopped kale and oregano. Add the cooled potatoes. Toss gently to coat.

Chill, covered, for at least one hour or up to twenty-four hours.

Yield: 2 cups

Salads

Per Serving (excluding unknown items): 87 Calories; 5g Fat (43.7% calories from fat); 2g Protein; 12g Carbohydrate; 4g Dietary Fiber; 7mg Cholesterol; 297mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1 Fat; 0 Other Carbohydrates.