

Shout Hallelujah Potato Salad

Blair Hobbs, Oxford, MS - *The Southern Foodways Alliance Community Cookbook*
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Servings: 12

5 Yukon Gold potatoes
4 large hard-cooked eggs, peeled
1 tablespoon table salt
1 cup + 2 tablespoons mayonnaise
1 cup sweet salad cube pickles, drained
1/2 cup red onion, chopped
1/2 cup green bell pepper, chopped
1/2 cup celery, chopped
1/4 cup fresh flat-leaf parsley, chopped
1/4 cup yellow mustard
1 jar (4 ounce) diced pimiento, drained
2 tablespoons seasoned rice wine vinegar
2 tablespoons fresh lemon juice
1 tablespoon extra-virgin olive oil
1 to 2 jalapeno peppers, seeded and minced
1 to 2 teaspoons celery salt
4 drops hot sauce
1/2 teaspoon smoked paprika
black pepper (to taste)

Cook the potatoes in boiling water to cover for 20 minutes or until tender. Drain. Cool for 15 minutes.

Peel the potatoes and place in a large bowl. Add the eggs and chop the mixture into bite-sized pieces. Sprinkle with salt. Toss to coat.

In a bowl, stir together the mayonnaise, pickles, red onion, bell pepper, celery, parsley, mustard, pimiento, vinegar, lemon juice, olive oil, jalapenos, celery salt and hot sauce. Gently stir into the potato mixture. Sprinkle with paprika. Add black pepper to taste.

Serve immediately or cover and chill up to two days.

Per Serving (excluding unknown items): 207 Calories; 19g Fat (78.0% calories from fat); 4g Protein; 8g Carbohydrate; 1g Dietary Fiber; 77mg Cholesterol; 909mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	207	Vitamin B6 (mg):	.2mg
% Calories from Fat:	78.0%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	15.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	6.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	19g	Folacin (mcg):	16mcg
Saturated Fat (g):	3g	Niacin (mg):	trace
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	8g	Alcohol (kcal):	0
Cholesterol (mg):	77mg	% Refused:	n n%
Carbohydrate (g):	8g		
Dietary Fiber (g):	1g		
Protein (g):	4g		
Sodium (mg):	909mg		
Potassium (mg):	82mg		
Calcium (mg):	22mg		
Iron (mg):	1mg		
Zinc (mg):	trace		
Vitamin C (mg):	17mg		
Vitamin A (i.u.):	259IU		
Vitamin A (r.e.):	49 1/2RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories	207	Calories from Fat:	161
% Daily Values*			
Total Fat	19g		29%
Saturated Fat	3g		14%
Cholesterol	77mg		26%
Sodium	909mg		38%
Total Carbohydrates	8g		3%
Dietary Fiber	1g		4%
Protein	4g		
Vitamin A			5%
Vitamin C			29%
Calcium			2%
Iron			5%

* Percent Daily Values are based on a 2000 calorie diet.