

New Potato Salad

Onions and spices give this very low-sodium dish plenty of zip.

Ingredients

- 16 small new potatoes (about 5 cups)
- 2 tablespoons olive oil
- ¼ cup green onions
- ¼ teaspoon chopped black pepper
- 1 teaspoon dill weed, dried

Instructions

1. Thoroughly clean potatoes with a vegetable brush and water.
2. Boil potatoes for 20 minutes or until tender.
3. Drain and cool potatoes for 20 minutes.
4. Cut potatoes into fourths and mix with olive oil, onions and spices.
5. Refrigerate and serve.

Recipe details

Servings: 5

Serving size: 1 cup

Each serving provides

Calories: 187

Total fat: 6 grams

Saturated fat: 1 gram

Cholesterol: 0 milligrams

Sodium: 12 milligrams

Total fiber: 3 grams

Protein: 3 grams

Carbohydrates: 32 grams

Potassium: 547 milligrams

Source

National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services