

## **Creamy Potato Salad**

3 medium potatoes (1 pound)  
1/3 cup lowfat mayonnaise or lowfat salad dressing  
1/4 cup celery, thinly sliced  
1/4 cup green pepper, chopped  
2 tbsp. onion, chopped  
2 tbsp. skim milk  
1 tsp. prepared mustard  
1 tsp. vinegar  
1/8 tsp. salt  
1/8 tsp. pepper  
2 hard-boiled egg whites, coarsely chopped  
Skim milk (optional)

In a covered saucepan, cook the potatoes in boiling water for 20-25 minutes or just until tender. Drain well. Peel and cube potatoes.

In a large salad bowl stir together the mayonnaise (or salad dressing), celery, green pepper, onion, milk, mustard, vinegar, salt, and pepper. Add the cooked potatoes and egg whites. Toss lightly to mix. Cover and chill for 6-24 hours. If necessary, stir in a little additional milk before serving to make the salad the desired consistency. Makes 4 servings

Nutrition Information per serving: calories 141; protein 4 grams; fat 5 grams; sodium 252 mg