

Potato Radish Salad

Ingredients

- 1 lb russet potatoes, diced
- $\frac{1}{2}$ cup radishes, sliced
- $\frac{1}{2}$ tsp basil
- $\frac{1}{2}$ tsp thyme
- $\frac{1}{4}$ tsp onion powder
- 2 Tbsp fat-free plain yogurt
- 2 Tbsp fat-free mayonnaise
- $\frac{1}{2}$ tsp garlic, minced
- $\frac{3}{4}$ tsp salt

Directions

1. Put diced potatoes into saucepan, cover with water and bring to a boil. Turn down to simmer, cover, and cook 10 minutes or until potatoes are done. Drain.
2. Mix together yogurt, mayonnaise, garlic, and salt to create dressing.
3. Add radishes, potatoes, basil, thyme, and onion powder into a large bowl. Pour dressing over top, mix thoroughly to coat. Serve.

Handling & Storage

Remove radish greens, which are edible, before storing and place in a plastic bag. Refrigerate up to one week.

To prepare, slice off the roots and leaves, wash and pat. Radishes can be served whole, sliced, diced, minced and/or

grated. Roasting radishes tempers their bitter flavor, creating a flavor more like a potato.

Nutritional Information

Calories: 170

Total Fat: 2.6 g

Saturated Fat: 0.4 g

Trans Fat: 0.0 g

Cholesterol: 0 mg

Sodium: 523 mg

Total Carbohydrates: 32.7 g

Dietary Fiber: 3.4 g

Sugars: 4.4 g

Protein: 4.2 g

Serves: 4