

Potato Salad

Ingredients

1½ pounds (750 gm) red new potatoes, steamed and quartered

¼ cup finely chopped green onions

1 tablespoon finely chopped parsley stalks, 1 tablespoon finely chopped parsley leaves

¼ red onion, peeled and finely diced

1 stalk celery, finely diced

¾ cup strained yogurt

4 teaspoons Dijon mustard

1 teaspoon dark brown sugar

¼ teaspoon freshly ground black pepper

1½ cups (354-ml) plain nonfat yogurt, no gelatin/thickener added

Strained Yogurt Directions (or Yogurt Cheese)

Put the yogurt in a strainer over a bowl—or you can use a coffee filter, a piece of muslin, or a paper towel—and place in a small sieve over a bowl. Cover and let it drain in the refrigerator for 5 hours or overnight. After 10 hours it becomes quite firm and the small lumps disappear, which makes it ideal for use in sauces. The liquid whey drains into the bowl, leaving you with a thick, creamy “yogurt cheese.”

Potato Salad Directions

In a large bowl, combine potatoes, green onions, parsley stalks and leaves, red onion, and celery.

In a small bowl, mix the strained yogurt, dijon mustard, and brown sugar. Stir into the potatoes until well combined. Stir in the black pepper.