PICNIC POTATO SALAD

By: Samantha Keene State College Dietetic Intern



Ingredients

- 3.5 Pounds Small Red Potatoes
- 1 Cup Sour Cream or Mayonnaise
- 1/2 Cup Mayonnaise
- 2 Ribs Celery, chopped
- Salt, Pepper, and Seasonings of Choice to taste
- Optional: Green Onion, Parsley

Directions

- 1. Thoroughly wash potatoes and cut them into cubes. Add to a large pot filled halfway with boiling water. Boil for 10 minutes and then test the potatoes by piercing one with a fork. If they are still stiff, let them boil longer, and check frequently.
- 2. Drain the potatoes and spread them out in a single layer to cool.
- 3. While the potatoes are cooling, clean chop the celery and other veggies of choice. Place in a bowl.Add the remaining ingredients. Stir well, then taste test.
- 4. Once the potatoes have cooled, add them to the vegetable and dressing mixture. Stir well, slightly mashing about ¹/₃ of the potatoes. Chill for at least half an hour or until chilled through. Enjoy!

Nutrition Fun Facts

Red potatoes are an excellent source of potassium, vitamin C and vitamin B6. If consumed with the skin on they also pack a punch of fiber!