



RECIPE OF THE WEEK

DIJON POTATO SALAD

- 1 pound red potatoes, unpeeled and cubed
- 1/2 cup diagonally sliced celery
- 1/4 cup sliced green onions
- 2 tablespoons chopped shallots

Dressing:

- 1/2 cup low-fat buttermilk
- 2 tablespoons low-fat mayonnaise
- 1 tablespoon Dijon mustard
- 1 tablespoon tarragon vinegar



In a medium-size pot, cover the cubed potatoes with water. Bring to a boil, lower the heat and cook on medium heat until potatoes are tender, yet firm (about 15 minutes); drain.

Toss cooked potatoes with celery, green onions and shallots.

In a small bowl, combine all dressing ingredients. Add to the potato salad and mix well. Refrigerate until ready to serve.

Yield: 6 servings

Nutritional Breakdown Per Serving:

- 97 calories
- 18 grams carbohydrate
- 2 grams fat
- 103 mg. sodium
- 3 mg. cholesterol

