

Healthy Potato Salad

A Healthy Potato Salad - Too Good to be True??

If you didn't think it was possible to lighten up this favorite summer barbecue side-dish, think again! Cooking Light can find a way to make almost anything diet friendly! Try this recipe for "*Better Potato Salad*" at your next gathering!

2 cups cooked sweet potatoes, cut into chunks
1 medium apple, diced
½ cup diced celery
¼ cup chopped walnuts
¼ cup raisins
¼ cup fat free sour cream
¼ cup fat free salad dressing or mayonnaise
2 tablespoons fat free milk

- Combine sweet potatoes, apple, celery, walnuts, and raisins in a medium bowl.
- In a small bowl, blend sour cream, salad dressing (or mayo), and milk.
- Fold sour cream mixture into sweet potato mixture and chill.

Makes 8 servings

Nutrition info per serving:

116 calories, 2g protein, 22g carbohydrate, 3g fat, 3g fiber

