

Buddy's Potato Salad

A family tradition!

12, 1/2 cup servings

Ingredients:

- 4 medium potatoes (about 1 pound)
- 1/2 cup diced onion
- 1/2 cup chopped celery
- 1/4 cup sweet pickle relish
- 1/2 cup light mayonnaise-type salad dressing

Directions:

1. Wash, peel and quarter potatoes. Place in saucepan, cover with water and bring to boil. Simmer until soft, about 15 minutes. Drain and cool.
2. Combine onion, celery, pickle relish and salad dressing.
3. Cube potatoes and blend with dressing.
4. Cover and chill several hours.

Nutrition Facts: One-half cup provides 70 calories, 3g total fat, 5mg cholesterol, 110mg sodium, 11g total carbohydrate

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Buddy's Potato Salad
Ham sandwich
Carrot sticks
Low fat milk

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