

# Buddy's Potato Salad

A family tradition!



Level: Easy

Serves: 12, 1/2 cup each

## Kids' Tool Kit

Vegetable peeler  
Knife  
Cutting board  
Pan with lid  
Measuring cup  
Spoon  
Large bowl

## 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:

**Remember to wash your hands!**

## Chef's Choice

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

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.



**Helpful Hints:** Making potato salad is like a "family tradition" and recipes vary! Use this recipe as a guide, but feel free to add salt, pepper, hard cooked eggs or prepared mustard for variety.



**Safety Tips:** Remember to use a cutting board when chopping, cutting or slicing. It makes the job safer and protects fingers, table, and kitchen countertops! Whether you choose plastic, acrylic or wood, keep cutting boards clean. After each use, wash cutting boards in hot soapy water, rinse and dry well.

## Nutrition Facts

Serving Size 1/2 cup (64g)  
Servings Per Container 12

Amount Per Serving  
**Calories 70**    **Calories from Fat 30**  
% Daily Value\*

<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
<b>Cholesterol</b> 5mg	<b>1%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber less than 1 gram	<b>3%</b>
Sugars 1g	
<b>Protein</b> 1g	

Vitamin A 2%    •    Vitamin C 6%  
Calcium 0%    •    Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Source: Book in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *The Enormous Potato* by Aubrey Davis. For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).

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