Tangy Red Potato Salad

This potato salad has great taste and is a wonderful improvement from the mayonnaise-laden traditional type. Red potatoes provide vitamin C, vitamin B6, potassium, and dietary fiber. Eaten with their skins on, they are even higher in fiber.

This recipe was originally from Paula Deen, Foodnetwork.com, then modified for Gina’s Weight Watcher Recipes at Skinnytaste.com. I made it on my family and they really liked it. It would make a great addition to a spring time picnic!

Ingredients (Makes six 3/4 cup servings)

- 4 cups baby red potatoes, cut in small pieces
- 1/2 cup green bell pepper, finely diced
- 1/4 cup red onion, finely diced
- 3 scallions, diced
- 1 tsp dijon mustard
- 1 tbsp extra virgin olive oil
- 1 tbsp red wine vinegar
- 1 tbsp reduced fat mayonnaise
- salt and fresh pepper

Boil potatoes in salted water until soft, ~ 10 minutes. Drain and let cool.

While the potatoes are boiling, combine red onion, green pepper, mustard, olive oil, vinegar and mayonnaise and season with salt and pepper. Mix well and let the flavors marinade while the potatoes cook. Once the potatoes are done and cool, mix into the bowl and add scallions and additional salt and pepper to taste. Serve room temperature or refrigerate until ready to serve.

Nutrition analysis per serving:

Calories: 107
Fat: 3.2 g •
Carbs: 17.8 g •
Fiber: 2.1 g •
Protein: 2.2 g