

Picnic Potato Salad

Servings per recipe: 8

Serving size: ½ cup

Ingredients:

3 cups diced potatoes
3 hardboiled eggs, chopped
1 small stalk of celery, finely chopped
1 small onion, finely chopped
½ green pepper, finely chopped
1 cup mayonnaise
3 tbsp cider vinegar
1 tsp Dijon mustard
½ tsp of ground black pepper



Preparation:

1. Peel and cut up potatoes into 1 inch cubes, and soak in water for 4 hours or overnight to reduce potassium.
2. Discard water after the soak.
3. Bring a pot of fresh water to a boil and add potatoes. Test with a fork for doneness.
4. Drain potatoes and combine with hardboiled eggs, celery, onion, and green pepper in a bowl. Do not stir.
5. In a separate bowl mix mayonnaise, cider vinegar, Dijon mustard, and black pepper ingredients together.
6. Add the salad dressing to dry ingredients and toss gently.

* Can use low-fat mayonnaise to reduce fat and calories

Renal and renal diabetic food choices:

½ starch, 1 vegetable-medium potassium

Carbohydrate choices: 1

Nutrients per serving:

275 Calories, 4g protein, 12g carbohydrate, 24g fat, 192 mg sodium, 257 mg potassium, 74 mg phosphorus

Adapted from davita.com