

Creamy Buttermilk-Herb Potato Salad

(Makes eight 1-cup servings)

Ingredients:

- 3 pounds small red and/or blue potatoes, quartered
- 1/2 cup light sour cream
- 1/3 cup fat-free buttermilk
- 1/4 cup chopped fresh parsley
- 2 tablespoons chopped fresh chives
- 1 tablespoon chopped fresh dill
- 1 1/4 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 large garlic clove, minced

Directions:

- 1) Place potatoes in a Dutch oven, and cover with water. Bring to a boil. Reduce heat, and simmer 15 minutes or until just tender; drain. Cool for 30 minutes.
- 2) Combine light sour cream and remaining ingredients in a large bowl, stir with a whisk. Add warm potatoes, toss gently to coat. Serve at room temperature or chilled.



Nutritional Analysis: *(per serving)*

- Calories: 175
- Total Fat: 3 g
- Saturated Fat: 1 g
- Cholesterol: 14 mg
- Sodium: 326 mg
- Total Fiber: 3 g
- Protein: 4 g
- Carbohydrates: 28 g
- Sugars: 0 g

Source:

Cooking Light