**Light Potato Salad**

2 lb Russet potatoes  
½ tsp salt  
½ cup thinly sliced celery  
½ cup finely chopped onion  
2 tbsp sweet pickle relish  

**Dressing**  
⅓ cup light mayonnaise  
⅓ cup light sour cream  
2 tbsp yellow mustard  
⅛ tsp ground black pepper  

Yield: 7 (¾ cup) servings

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1. Peel and half potatoes and place them in large pot. Add water to cover. Add salt and boil over medium heat for about 15-20 minutes until just tender.  
2. Drain the potatoes and cool. Cut into bite-size pieces and transfer to a large bowl.  
3. Add celery, onion and pickle relish to potatoes and gently mix.  
4. In a small bowl, combine the dressing ingredients and add to cooked potatoes. Stir well.  
5. Cover potato salad and refrigerate for at least 1 hour before serving.

**Nutrient Value (per ¾ cup)**  
Calories: 168  
Carbohydrate: 31 g  
Protein: 3 g  
Saturated Fat: 1 g  
Fiber: 3 g