

BITS and BITES

Potato Salad - German Style

Serving Size: ½ Cup

Ingredients

- 2 lbs. baby new potatoes, cut in half
- 4 large eggs, hard boiled
- 3 green onions, chopped
- 2 tbsp. fresh dill, finely chopped

Dressing Ingredients

- ¼ cup olive oil
- 2 tbsp. apple cider vinegar
- 2 tbsp. low-fat sour cream
- 1 tbsp. Dijon mustard

Directions

1. Cook the potatoes until fork tender in boiling water. Drain potatoes and let them cool at room temperature for 10 minutes.
2. Hard boil eggs using your favorite method. Let them cool slightly, then peel and cut in eights.
3. Make the dressing by combining dressing ingredients in a small bowl.
4. Combine potatoes, eggs, green onions, & dill in a large mixing bowl. Add dressing and toss until well combined.
5. Serve warm or chilled for up to 3 days.

SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP.

This institution is an equal opportunity provider.

NC STATE EXTENSION



Potato Salad-German Style is a dish the whole family can enjoy!

Consider:

- Adding celery, cucumber, or onion! A small amount of bacon can also be added.
- Adding toasted caraway seeds, chives, paprika, or parsley on top of the salad as a garnish.

Potatoes are rich in vitamin C (for immunity), potassium (muscle health and to maintain blood pressure), and B vitamins (increase metabolism). Potatoes are also a great source of fiber.

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