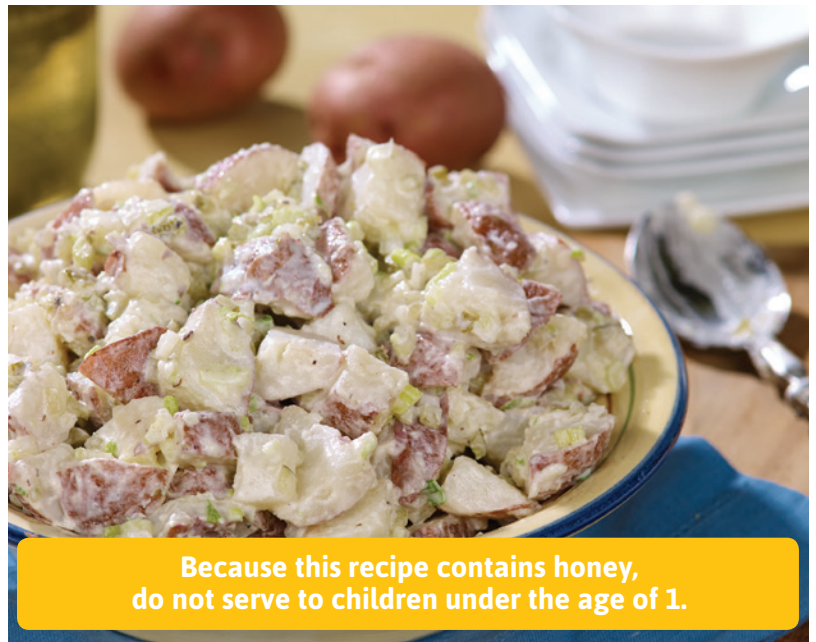


## Potato Salad with Dill

Preparation time	<b>15 minutes</b> (+ cooling time for potatoes)
Cooking time	<b>30 minutes</b>
Servings	<b>6-8</b>
Cost per serving	<b>44¢</b>
Storage	<b>3 days in the fridge.</b>
Kitchen tools	<b>Colander, large pot, cutting board, sharp knife, measuring cups and spoons, large bowl, spoon, small bowl, small sharp knife</b>



Because this recipe contains honey, do not serve to children under the age of 1.

## Ingredients



PRESERVING THE POTATO SKIN SAVES TIME AND RETAINS MORE DIETARY FIBRES.

1 kg (2 lb) **red potatoes**, thoroughly washed.



2 **celery** sticks, finely chopped (about 175 ml / ¾ cup)



OR AN EQUAL QUANTITY OF RELISH

125 ml (½ cup) chopped large **dill pickles** (about 2 large pickles)



OR HALF MAYONNAISE / HALF PLAIN YOGURT

80 ml (⅓ cup) **mayonnaise**



45 ml (3 tbsp) **cider vinegar**



15 ml (1 tbsp) **milk**



5 ml (1 tsp) **honey**



1 **garlic** clove, finely chopped

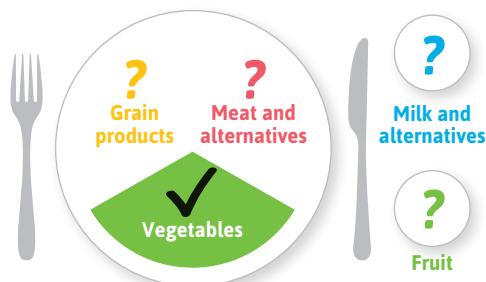


2 **green onions**, minced



**Salt and pepper** to taste

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### Balanced plate

✓ One serving of this salad is a tasty way to add vegetables to your menu!

# Directions

- 1 Boil the **potatoes** for 20 to 25 minutes in a pot filled with **salted water**. Drain and let cool.

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- 2 Dice the cooled potatoes (2 cm pieces) and place in a large bowl.

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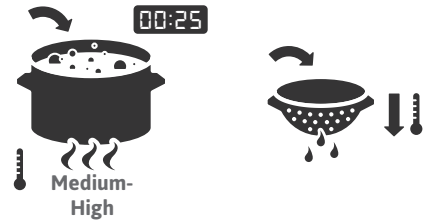
- 3 Add the **celery** and the **pickles**.

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- 4 In a small bowl, prepare the dressing by combining the **mayonnaise**, **cider vinegar**, **milk**, **honey**, **garlic** and **green onions**. Add **salt** and **pepper**.

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- 5 Add the **dressing** to the salad, combine and serve.



My rating: ★ ★ ★

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This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition

