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HEALTHY HOME-MADE POTATO SALAD

This delicious and nutritious potato salad combines fresh new potatoes with spring onions, chives and a lower-fat easy-to-make dressing. Perfect for a barbecue or to accompany any salad.

Serves 4

Per serving: 150- 200 Calories (approx. depending on portion size)

Prep time: 5 mins

Cook time: 20 mins

INGREDIENTS

500g new potatoes, chopped
1 vegetable stock cube
1 bunch spring onions, chopped small
Chives, chopped
3 tablespoons Heinz salad cream
300g x 0% live natural yogurt
Finely ground black pepper
A few spring onions and chives to chop for garnish

METHOD

1. Boil the potatoes with a vegetable stock cube and allow to cool.
2. Mix the salad cream with the 0% fat live plain yogurt. Add the freshly ground black pepper.
3. Stir in the chopped spring onions and the chives, (reserving some for the garnish), and mix well.
4. Chop the cold, cooked new potatoes into bite-size pieces and carefully stir into the dressing mixture.
5. Transfer to a serving dish and sprinkle with the reserved chopped spring onions and chives.
6. Keep refrigerated until ready to serve.



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