

# Herbed Potato Salad

*Fresh vegetables and a light vinaigrette give this salad a lively flavor.*

**Makes 6 servings.** *½ cup per serving.*

**Prep time:** 10 minutes **Cook time:** 10 minutes

## Ingredients

- 1½ pounds red potatoes  
(about 8 potatoes), cut into cubes
- ½ cup light Italian dressing
- ½ tablespoon spicy brown mustard
- 1 tablespoon chopped fresh parsley
- 1 teaspoon garlic salt
- ¼ teaspoon ground black pepper
- ½ cup chopped red bell pepper
- ½ cup chopped green bell pepper
- ½ cup chopped green onions



## Preparation

1. In a large pot, cook potatoes in boiling water until tender, about 10 minutes (do not overcook).
2. Drain well and let cool.
3. Cut potatoes into bite-size pieces and place in a medium bowl.
4. In a small bowl, combine dressing, mustard, parsley, and seasonings; pour over potatoes and toss well.
5. Carefully stir in bell peppers and green onions. Cover and chill until ready to serve.

**Nutrition information per serving:** Calories 132, Carbohydrate 24 g,  
Dietary Fiber 4 g, Protein 2 g, Total Fat 4 g, Saturated Fat 1 g,  
Trans Fat 0 g, Cholesterol 0 mg, Sodium 441 mg