

Cilantro Potato Salad

Yield: 8 servings

Ingredients:

- 3 pounds new unpeeled potatoes, scrubbed and quartered
- ½ cup nonfat yogurt
- ¼ cup whipping cream
- 2 tablespoons sour cream
- 1 teaspoon minced garlic
- 3 tablespoons fresh cilantro, chopped
- 1 tablespoon freshly squeezed lemon juice
- salt and white pepper to taste
- pickled jalapeno pepper slices (optional)

Procedure:

Place potatoes in boiling water and cook until pieces are fork tender but firm. Cool potatoes completely. While potatoes are cooling, combine remaining ingredients and adjust seasoning. Mix cooled potatoes with dressing and allow salad to sit overnight in the refrigerator. When serving, garnish salad with pepper slices, if desired. This salad makes a nice accompaniment to grilled chicken breasts or inch-thick sirloin steaks that have been thinly

sliced (across the meat's grain) after grilling and wrapped inside warm flour tortillas.

about 180 calories and only 3.5 grams of fat per serving, if you use nonfat yogurt

A serving also provides about 60 percent of the daily recommendation for vitamin C, mainly from the potatoes. If you add the optional pepper slices, you'll increase the

vitamin C content with only a negligible effect on the caloric content.