



Visiting Nurse Association
of Northern New Jersey

175 South Street, Morristown, NJ 07960 | 1-800-WE VISIT | Fax: 973-538-1689 | vnannj.org



Sour Cream-Dill Potato Salad

Makes 5 servings. Serving size 1/2 cup. Recipe from CookingLight.com.

Ingredients

- ¾ pound fingerling potatoes
- ½ cup diced English cucumber
- 2 tablespoons reduced-fat sour cream
- 1½ tablespoons plain fat-free Greek yogurt
- 1½ teaspoons chopped fresh dill
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

Nutritional info

Calories:	50
Total fat:	1g
Cholesterol:	0mg
Sodium:	87mg

Directions

1. Place a saucepan filled two-thirds with water over high heat.
2. Cut potatoes into 1-inch pieces. Add potatoes to pan; cover and bring to a boil. Reduce heat to medium-high; cook 5 minutes or until tender. Drain.
3. Combine cucumber, sour cream, yogurt, dill, salt, and pepper in a large bowl. Add drained potatoes to cucumber mixture, and toss gently to coat.