

# Potato Salad

*(Makes about 5 cups)*

This delicious, creamy potato salad contains no cholesterol and is surprisingly low in fat.

- 4 medium potatoes, diced
- 2 celery stalks thinly sliced, including leaves
- 3 green onions, chopped
- ¼ cup finely chopped parsley
- 3 tablespoons seasoned rice vinegar
- ⅓ cup vegan mayonnaise
- 1½ tablespoons stone ground mustard
- ¼-½ teaspoon salt
- ⅛ teaspoon black pepper



Steam potatoes over boiling water until just barely tender, about 15 minutes, then transfer to a large bowl.

Add celery, onions, parsley, and vinegar. Stir to mix.

Stir in vegan mayo, mustard, salt, and pepper and toss gently. Chill before serving, if time allows.

*Per ½-cup serving: 102 calories; 3 g protein; 25 g carbohydrate; 0.5 g fat; 2 g fiber; 214 - 267 mg sodium; calories from protein: 10%; calories from carbohydrates: 86%; calories from fats: 4%*

Recipe from *Healthy Eating for Life for Children* by PCRM nutrition director Amy Lanou, Ph.D.