

Summer Harvest Chicken-Potato Salad

Salad of the Month August - 2014



Fat free plain yogurt adds calcium and cuts down on fat. Horseradish provides a flavor zing!

Prep Time: 15 Min

Start to Finish: 30 Min

Makes: 4 servings

INGREDIENTS

- 4 medium red potatoes (1 lb.), cut into 3/4-inch cubes
- 1/2 lb. fresh green beans, trimmed, cut into 1-inch pieces (about 2 cups)
- 1/2 cup Fat Free plain yogurt
- 1/3 cup fat-free ranch dressing
- 1 tablespoon prepared horseradish
- 1/4 teaspoon salt
- Dash pepper
- 2 cups cut-up cooked chicken breast
- 2/3 cup thinly sliced celery
- Torn salad greens, if desired

DIRECTIONS

1. In 2-quart saucepan, heat 6 cups lightly salted water to boiling. Add potatoes; return to boiling. Reduce heat; simmer 5 minutes. Add green beans; cook uncovered 8 to 12 minutes longer or until potatoes and beans are crisp-tender.
2. Meanwhile, in small bowl, mix yogurt, dressing, horseradish, salt and pepper; set aside.
3. Drain potatoes and green beans; rinse with cold water to cool. In large serving bowl, mix potatoes, green beans, chicken and celery. Pour yogurt mixture over salad; toss gently to coat. Line plates with greens; spoon salad onto greens.

Recipe Provides: Fats & Oils 1tsp, Meat & Beans 2oz-equivalents, Vegetables 1 1/4c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	270	Calories from Fat:	35
Total Fat:	3 1/2 g	Saturated Fat:	1 g	Trans fat :	0 g
Cholesterol:	60 mg	Sodium:	410 mg	Total Carbohydrate:	32 g
Dietary Fiber:	5 g	Sugars:	6 g	Protein:	26 g



This recipe is adapted from WWW.eatbetterearly.com