

Potato-Cucumber Salad with Dill



Makes:

4 servings, approximately 1 cup each (170 g each)

Utensil:

Saladmaster Food Processor
3 Qt./2.8 L Sauce Pan with Cover
3 Qt./2.8 L Perforated Basket
small mixing bowl
medium mixing bowl

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Recipe:

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Recipe Description:

A scrumptious twist to a potato salad classic. This low-calorie, low-cholesterol, low-fat salad is a good source of vitamin C, vitamin K and potassium. A light but filling salad this is a delightful side-dish that will have dill-lovers screaming for more!

$\frac{3}{4}$ pound
red potatoes, small
(340 g)
 $\frac{1}{4}$ cup
Greek yogurt, plain, low-fat
(61 g)
 $\frac{1}{4}$ cup
mayonnaise
(60 g)
 $\frac{1}{4}$ heaping cup
fresh dill, chopped
(60 mL)
1 tablespoon
red wine vinegar
(15 mL)
 $\frac{1}{2}$ teaspoon
kosher salt
(2.5 mL)
 $\frac{1}{4}$ teaspoon
black pepper
(1.25 mL)
 $\frac{3}{4}$ cup
red onion, thinly sliced, use Cone #4

½ cucumber, thinly sliced, use Cone #4

Directions:

1. Place approximately 1-inch of water in sauce pan with steamer inset. Place whole potatoes into steamer inset, cover, and bring to a boil over medium heat. When Vapo-Valve™ clicks lower heat to medium-low to and cook approximately 30 minutes.
2. In small bowl blend together yogurt, mayonnaise, dill, vinegar, salt and pepper.
3. When potatoes are done (a fork can be easily inserted into potato) cut into bite-sized pieces and place in medium bowl.
4. Add onion and cucumber and half of the dressing. Gently stir to coat. Add additional dressing to taste.

Tips:

- When selecting cucumbers choose firm, well-shaped cucumbers dark green in color. They can be refrigerated in a plastic bag for up to one week.
- Dried dill can be substituted but fresh dill will really bring out the taste of the salad.
- If there is excess dressing, use as a dip for fresh cut vegetables.
- Vegans can substitute soy yogurt or Nayoanise in place of mayonnaise.

Nutritional Information per

▼ Serving

Calories: 150
Total Fat: 5g
Saturated Fat: 1g
Cholesterol: 5mg
Sodium: 358mg
Total 23g
Carbs:
Dietary Fiber: 2g
Sugar: 3g
Protein: 3g