

New Potato with Herbs & Coarse Salt with Greek Yogurt Dip

Serves 4

Serve the potatoes at room temperature with an accompanying bowl of Greek yogurt.

1 pound new potatoes, as small and fresh as you can find

Several pinches coarse sea salt or kosher salt

2 to 3 teaspoons olive oil

2 cloves garlic, chopped

2 to 3 green onions, thinly sliced

Handful of herbs such as thyme, dill, parsley, cilantro, tarragon, in any combination, chopped

Greek yogurt, preferably low fat, as desired

Instructions: Place the potatoes, unpeeled, in a saucepan with water to cover and bring to a boil over high heat. Reduce heat to medium then boil for 5 minutes if very small, 10 minutes if medium.

Turn off the heat and leave the potatoes in the water another 10 minutes or until they are just tender when pierced with a sharp paring knife or fork.

Drain well, then return potatoes to the pot. Sprinkle with salt and toss over very low heat a minute or two to let the excess moisture

evaporate and the salt get slightly crisp on the potato skin. A white haze may form on them, which is OK.

Turn off heat. Toss the potatoes with the olive oil, garlic, green onions and herbs.

Taste and adjust seasoning. Eat warm or at room temperature, using your fingers to dip the little potatoes into the yogurt.

Per serving: 140 calories, 2 g protein, 19 g carbohydrate, 7 g fat (1 g saturated), 0 cholesterol, 5 mg sodium, 1 g fiber.