

Potato Salad

Adapted from a recipe Linda Saylor inherited from her Southern grandmother, who often substituted Miracle Whip for mayonnaise.

INGREDIENTS:

- ☐ 8 medium-large potatoes
- ☐ 8 hard-cooked eggs
- ☐ ½ red onion, chopped
- ☐ 2 or 3 ribs celery, chopped
- ☐ 2 or 3 sweet pickles, chopped
- ☐ 2 or 3 tablespoons juice from sweet pickle jar
- ☐ ¼ cup chopped parsley (optional)
- ☐ 2 or 3 tablespoons chopped chives (optional)
- ☐ 1 cup mayonnaise, or as needed
- ☐ 1 teaspoon salt
- ☐ Freshly ground pepper to taste

INSTRUCTIONS: Cook, cool and peel the potatoes. Dice them.

When the eggs are cool, remove shells and dice eggs coarsely; reserve.

In a large bowl, combine the potatoes, eggs, onion, celery, pickles and pickle juice, optional parsley and chives, the mayonnaise, salt and pepper. Toss all ingredients together, adding more mayonnaise if needed to achieve desired consistency.

Serves 8

PER SERVING: 370 calories, 10 g protein, 24 g carbohydrate, 28 g fat (5 g saturated), 226 mg cholesterol, 605 mg sodium, 2 g fiber.