

Creamy Potato Salad (EW)

Tossing potatoes with a little good vinegar while they are still warm infuses them with flavor. Capers, gherkins and a touch of anchovy give this old-fashioned salad a piquant finish, while red bell pepper and celery give it an appealing crunch.

12 servings, 1/2 cup each | Active Time: 30 minutes | Total Time: 1 1/4 hours (including 1/2 hour chilling time)

Ingredients

- 2 large eggs
- 1 1/2 pounds fingerling potatoes, or other small waxy thin-skinned potatoes (about 10), scrubbed
- 1/2 cup reduced-fat mayonnaise, or soy mayonnaise
- 1/2 cup low-fat plain yogurt
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon anchovy paste
- Freshly ground pepper, to taste
- 2 tablespoons white-wine vinegar, or rice vinegar
- 1/2 teaspoon salt, or to taste
- 1 medium red bell pepper, seeded and diced (1 1/2 cups)
- 1/2 cup finely diced red onion
- 1/2 cup chopped celery, (1-2 stalks)
- 1/4 cup chopped fresh parsley
- 2 tablespoons diced gherkin pickles
- 2 tablespoons drained capers, rinsed
- 1 tablespoon chopped fresh chives



Preparation

1. Hard-cook eggs (see Tip). Peel eggs and chop coarsely.
2. Meanwhile, place potatoes in a large saucepan, cover with lightly salted water and bring to a simmer over medium-high heat. Reduce heat to medium and cook, covered, until just tender, 15 to 20 minutes. Drain; let cool for about 10 minutes.
3. Meanwhile, whisk mayonnaise, yogurt, oil, anchovy paste and pepper in a small bowl until smooth.
4. Cut potatoes into cubes and place in a large bowl. Add vinegar and salt; toss gently to coat. Add bell pepper, onion, celery, parsley, gherkins, capers, chives, chopped eggs and the mayonnaise mixture; toss to coat well. Cover and refrigerate until chilled, at least 30 minutes.

Nutrition

Per serving : 119 Calories; 5 g Fat; 1 g Sat; 2 g Mono; 40 mg Cholesterol; 14 g Carbohydrates; 4 g Protein; 1 g Fiber; 321 mg Sodium; 97 mg Potassium

Tips & Notes

- Make Ahead Tip: Cover and refrigerate for up to 2 days.
- To Make Hard-Cooked Eggs: Place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low, cover and cook at the barest simmer for 10 minutes. Pour off hot water and run cold water over the eggs until completely cooled. To peel, crack the shell, then roll egg between your palms to loosen shell. Peel, starting at the large end. Rinse under cold water or dip in water to remove bits of shell.