

10 REFRESHING SUMMER SALADS FOR HOT DAYS

LIGHT SUMMER POTATO SALAD

INGREDIENTS

- 2 POUNDS BABY POTATOES
- ¼ CUP PLAIN GREEK YOGURT
- 1 TABLESPOON DIJON MUSTARD
- GREEN ONIONS
- FRESH DILL
- SALT & PEPPER

DIRECTIONS

1. BOIL POTATOES UNTIL FORK TENDER.
2. COOL SLIGHTLY AND HALVE.
3. MIX DRESSING INGREDIENTS TOGETHER.
4. TOSS GENTLY WITH POTATOES.

SIMPLE TIPS

- LIGHTER THAN TRADITIONAL POTATO SALAD.
- BEST SERVED CHILLED.

NUTRITION INFORMATION

MAKES: 8 SERVINGS **SERVING SIZE: ¾ CUP**
PER SERVING (APPROX.)

CALORIES: 165

PROTEIN: 4G

CARBS: 22G

FAT: 6G

FIBER: 3G

SUGAR: 2G

SODIUM: 240MG

RECIPE INFO

PREP: 15 MIN

COOK: 20 MIN

CHILL: 1 HOUR

TOTAL: 1 HR 35 MIN

STORAGE

REFRIGERATE UP TO 4 DAYS.

PAIRS WELL WITH

- BURGERS
- BBQ CHICKEN
- GRILLED CORN

SIMPLE LIFE TIP

ALLOW THE POTATOES TO COOL BEFORE MIXING WITH THE DRESSING.

SERVING SUGGESTIONS


THESE REFRESHING SALADS ARE PERFECT FOR SUMMER COOKOUTS, FAMILY DINNERS, MEAL PREP, PICNICS, OR A LIGHT LUNCH. MOST SALADS TASTE EVEN BETTER AFTER CHILLING FOR 30 MINUTES, ALLOWING THE FLAVORS TO BLEND TOGETHER.

FOR A COMPLETE MEAL, PAIR WITH GRILLED CHICKEN, ROAST BEEF, TURKEY, OR ONE OF OUR REFRESHING FRUIT-INFUSED WATERS.

SIMPLE LIFE TIP

SIMPLE MEALS DON'T HAVE TO BE COMPLICATED.

PREPARING FRESH SALADS AHEAD OF TIME CAN MAKE HEALTHY EATING EASIER DURING BUSY WEEKS OR ON DAYS WHEN ENERGY IS LIMITED. KEEP CHOPPED VEGETABLES AND COOKED PROTEINS READY TO MIX AND ENJOY THROUGHOUT THE WEEK.

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