

# Creamy Potato Salad

Prep: 20 minutes | Cook: 20 minutes | Chill: 1 hour | Total: 1 hour 40 minutes

Yield: 6 servings | Serving Size: ¾ cup

## Ingredients

1 ½ pounds Yukon Gold potatoes (about 4 medium potatoes), unpeeled and cut into ½-inch chunks  
4 large eggs, in shell  
⅓ cup plain nonfat Greek yogurt  
2 tablespoons olive oil mayonnaise  
1 tablespoon Dijon mustard  
1 tablespoon white wine vinegar or lemon juice  
½ teaspoon salt  
¼ teaspoon freshly ground black pepper  
1 cup frozen green peas, thawed  
3 tablespoons chopped fresh chives (about 1 bunch)

## Directions

1. Place a steamer basket inside a large saucepan or stockpot and add just enough water fill the area under the steamer.
2. Bring the water to a boil over high heat, then reduce the heat to medium-high to maintain a rapid simmer.
3. Add the potatoes to the steamer basket, cover the pot with a tight-fitting lid, and cook until the potatoes are fork-tender, about 10-15 minutes. Remove potatoes from the steamer basket and allow to cool completely.
4. While the potatoes are cooking, place the eggs in a separate medium saucepan. Add enough water to just cover the eggs, cover and bring to a boil, then turn off the heat and move the pot to a cool burner. Cover the pot with a lid and let sit for 12-15 minutes.
5. Remove the eggs from the water and place into a bowl of ice-water. Let sit at least 5 minutes, then peel and chop the eggs.
6. In a large bowl, whisk together the yogurt, mayonnaise, mustard, vinegar or lemon juice, salt, and black pepper. Add the potatoes, eggs, peas, and chives and gently fold to combine.
7. Cover the bowl with a lid or plastic wrap and refrigerate for at least 1 hour. Serve cold.

## Recipe Notes

- If you don't have a steamer, you can simmer the potatoes in a pot of water for 10-15 minutes instead.
- Substitute any kind of potato if Yukon Gold potatoes are not available.

**Nutrition Facts Per Serving: Calories: 170 | Total Fat: 5 g | Saturated Fat: 1 g  
Sodium: 345 mg | Total Carbohydrate: 23 g | Dietary Fiber: 3 g | Protein: 8.5 g**

Adapted from Ellie Krieger, RD | Submitted by Robin LaCroix, RD, CSO  
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# Sautéed Mustard Greens

Prep: 25 minutes | Cook: 20 minutes | Total: 45 minutes

Yield: 8 servings | Serving Size: 1/2 cup

## Ingredients

1 1/2 pounds mustard greens  
1/4 cup peanuts, roughly chopped  
1 tablespoon olive oil  
1 cup finely diced white onion  
1 clove garlic, minced  
1 1/2 teaspoons curry powder  
1 (14.5-ounce) can no-salt-added diced tomatoes  
1 (15-ounce) can no-salt-added beans, drained and rinsed  
1 teaspoon salt  
1 teaspoon pepper  
1/4 cup thinly sliced green onions

## Directions

1. Wash, destem, and roughly chop the mustard greens.
2. Heat a 12-inch skillet set over medium heat.
3. Add the peanuts and cook, stirring frequently, until fragrant and lightly toasted, about 2 minutes. Remove the peanuts from the pan and set aside.
4. Heat the olive oil in the same skillet over medium heat. Add the white onion and sauté until softened, about 5 minutes.
5. Add the garlic and curry powder and sauté for 1 to 2 minutes.
6. Add the greens to the pan, toss carefully, and cook until they begin to wilt, about 1 to 2 minutes.
7. Add the tomatoes, salt, and pepper and stir to combine. Reduce the heat to medium-low. Cook for 8 minutes.
8. Stir in the green onions and toasted peanuts. Cook for 1 minute.

## Recipe Notes

- This method can be used to cook other hearty greens such as kale, collards, and chard.
- Try substituting other nuts for the peanuts, such as walnuts or almonds.

**Nutrition Facts Per Serving:** Calories: 85 | Total Fat: 4 g | Saturated Fat: 0.5 g  
Sodium: 320 mg | Total Carbohydrate: 10 g | Dietary Fiber: 4 g | Protein: 5 g

Adapted from Marcy Gaston MS, RD, CD | Submitted by Dana Herring  
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