

Dill

PICNIC POTATO SALAD

Ingredients:

- 2 lbs unpeeled red potatoes, diced
- 1 cup non-fat plain Greek yogurt
- 2 Tbsp olive oil mayonnaise
- 1 Tbsp apple cider vinegar
- 2 Tbsp Dijon mustard
- 3 green onions, chopped
- 2 ribs celery, diced
- 1 Tbsp fresh chopped dill
- 1 tsp dried parsley
- 1/2 tsp onion powder
- 1/2 tsp garlic powder

Preparation:

1. In a large stockpot bring water to a boil.
2. Add potatoes & boil 10 minutes or until fork-tender. Drain & set aside to cool.
3. In a large bowl, combine remaining ingredients. Add potatoes & mix well.
4. Cover & refrigerate at least 2 hours before serving.

30 Min | Serves 8

Nutrition Facts

8 servings per recipe
Serving size (165g)

Amount per serving
Calories 120

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 150mg 7%

Total Carbohydrate 21g 8%

Dietary Fiber 2g 7%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 53mg 4%

Iron 1mg 6%

Potassium 609mg 15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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**CHOOSE
HOME
MADE**

DILL

In Season

May - September

How to Select

Choose bright green, fresh cut stems. Look for crisp, perky leaves that are not wilted.

How to Store

Dill can last up to 10 days in the refrigerator. Place stems in a glass with 1 inch water. Cover leaves & stalks with a plastic bag.

Helpful Tip

Dry dill on the counter 2-3 weeks. Once completely dry, strip leaves from stems by running your fingers against the direction of growth. Store in a jar up to 6 months!



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