

Quick and easy baked potato salad



Recipe credit

Meeting Your MyPlate Goals on a Budget Toolkit by MyPlate National Strategic Partners

About this recipe

Serves

4

Serving size

1/4 of the recipe

Time to make

10 minutes; Preparation Time: 15 minutes

Ingredients

- 1 1/2 pounds red potatoes
- 1 cup non-fat plain yogurt
- 1/3 cup minced onion
- 1/2 cup shredded reduced fat cheddar cheese
- 4 tablespoons snipped fresh chives
- 3 tablespoons real bacon bits or pieces
- 1/4 teaspoon salt
- Freshly ground pepper to taste
- chopped fresh parsley (optional)

Directions

1. Place whole potatoes (do not poke) into microwave-safe dish.
2. Cover dish. (If covering dish with plastic wrap, poke small hole in plastic).
3. Microwave on high for 10 to 12 minutes depending on strength of microwave.
4. Use oven mitts or a towel to remove dish from microwave; carefully remove cover from dish due to steam build up and let cool.
5. Cut potatoes into bite-sized pieces and place in a large bowl with remaining ingredients; stir and mix well.

Tips and variations

- This salad may be served right away, but is best if refrigerated for at least one hour to allow flavors to blend.

Nutritional info

Calories

200

Total fat

4 g

Saturated fat

2 g

Cholesterol

13 mg

Sodium

360 mg

Total carbohydrates

34 g

Dietary fiber

3 g

Protein

11 g

Total sugar

6 g

Allergens

Dairy

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