



Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



New Potato Salad

Prep Time: 40 mins

Rest Time: 6 h

Total Time: 40 mins

Ingredients

- ❖ 2 pounds potato(es), new (tiny)
- ❖ 1 cup(s) dressing, low-fat mayonnaise-based
- ❖ 2 stalk(s) celery
- ❖ 1 large onion(s), chopped
- ❖ 1/3 cup(s) pickles, sweet, (or dill) chopped
- ❖ 1/2 teaspoon salt
- ❖ 1/4 teaspoon pepper, black ground
- ❖ 2 egg(s), hard boiled, chopped
- ❖ 1 1/2 tablespoon milk, fat-free
- ❖ pepper, black ground, to taste

Recipe Tip:

Chill 6 to 24 hours.

Preparation

1. In a large saucepan, combine potatoes and enough water to cover potatoes. Bring to boiling; reduce heat. Cover and simmer for 15 to 20 minutes or just until tender. Drain well; cool potatoes. Cut potatoes into quarters.
2. In a large bowl, combine mayonnaise dressing, celery, onion, pickles, the 1/2 teaspoon salt, and the 1/4 teaspoon pepper. Add the potatoes and egg, gently tossing to coat. Cover and chill for 6 to 24 hours.
3. To serve, stir enough of the milk into salad to reach desired consistency. Season to taste with additional pepper.

