

Red Potato Salad

Ingredients

- 1 lb of nugget red potatoes
- 1/2 cup of Italian Parsley, chopped roughly
- 1/3 cup of scallions, chopped loosely
- 4 slices of turkey bacon
- 1/4 cup of low-fat mayonnaise or whipped dressing
- 2 TBSP of red wine vinegar
- Salt and pepper to taste



1. Boil the potatoes in salted water. When knife easily goes through, remove from heat. **DO NOT OVERCOOK**- potatoes should still be firm for this recipe. Allow to cool completely. Then, cut potatoes in half.
2. Place 4 slices of turkey bacon in toaster oven, and cook at 350F for 10 minutes, or until crunchy to the touch. Allow to cool completely. (You can also cook the bacon in the microwave)
3. Place potatoes, parsley, scallions, mayonnaise and vinegar in a large bowl. Mix ingredients well. Shred bacon into small pieces and add to the bowl. Mix again. Add salt and pepper to taste.
4. Cover, and refrigerate for a few hours.

Makes four (4) servings. Per Serving*:

142 calories

4.8 grams of fat

21.5 grams of Carbs

2.8 grams of Fibre

4.2 grams of Protein

*Nutritional information provided by <http://recipes.sparkpeople.com/recipe-calculator.asp>.