

Healthy Herbed Potato Salad - by: ANDREA METHOT

Potato salad can be a nightmare if you're trying to eat healthy, since most traditional versions are soaked in mayonnaise. But there's actually no need for all that fat if you focus instead on flavour.

- 1 bag of mini red potatoes, left unpeeled, and halved
- Half a zucchini, cut into slices and then quartered
- 1 cup of frozen corn
- 2 cups frozen broccoli

Dressing:

- 4 tablespoons of prepared pesto
- 8 tablespoons of prepared tzatziki (if you don't have tzatziki, simply use plain yogurt and add a bit of extra garlic)

Boil potatoes just until you can pierce them with a fork. Do not overcook! Add the broccoli, corn and zucchini and continue heating just until the water starts to boil again. Remove from heat and drain well. Rinse with cold water if you need to cool it down quickly.

Mix 1 part pesto to two parts tzatziki. Add to pot and stir till everything is coated.

Make it yours

Potato salad is, of course, a perfect *no fuss* food because it has all kinds of options for improvisation. I always add extra veggies to mine, and you can use whatever you like or have available. Lots of vegetables work great in this dish. Consider using:

- green or yellow beans
- asparagus
- cucumber
- fresh peppers or roasted red peppers
- fresh tomatoes or sundried tomatoes
- peas
- onions
- mushrooms

I like using yogurt or sour cream in the dressing to mimic the creaminess of traditional potato salad, but you could also mix pesto with any combination of the following:

- balsamic vinegar
- juice from a jar of roasted red peppers or sundried tomatoes
- grainy mustard
- honey
- hot sauce

