

Healthier German Potato Salad

Servings: 8 (size: 1/2 cup) Prep Time: 15 minutes Total Time: 35 minutes Adapted from: Healthy Eating for Families

Ingredients:

2 lbs. Yukon gold or small red potatoes, unpeeled	1 tsp salt
1/2 lb. center cut bacon	3/4 cup finely chopped onion
1/2 cup apple cider vinegar	2 Tbsp. sugar
1 Tbsp. Dijon mustard	2 Tbsp. minced parsley, (optional garnish)

Directions:

1. Place potatoes in a large pot and cover water extending 2 inches above the surface of the potatoes. Add salt to water and bring to boil over medium-high heat. Continue cooking until potatoes are tender when pierced with a fork, about 15-20 minutes. Drain potatoes and slice into 1/4-inch rounds.
2. While potatoes are boiling, cook bacon in a large skillet over medium-high heat. Once crisp, place bacon on paper towel-lined plate and crumble into small pieces. Pour off rendered fat, reserving 1/4 cup in pan. Turn heat to medium and add onion to skillet. Cook until translucent and just beginning to brown, about 4-5 minutes.
3. Whisk in vinegar, sugar, and mustard with onions and stir until thick and bubbly. Add sliced, cooked potatoes and toss to coat.
4. Top with the crumbled bacon and garnish. Serve warm.

Nutrition Information per Serving: 146 calories, 4g total fat, 1.5g saturated fat, 5.5g protein, 22g carbohydrate, 2g fiber, 226mg sodium

