

Hot German Potato Salad

Serving Size: 2/3 cup

Serves: 6

Ingredients:

6 medium potatoes
1 medium onion, chopped
1/2 cup low-sodium vegetable stock
6 tablespoons Imitation Bacon Bits
1/4 cup apple cider vinegar
1/4 cup Splenda sugar substitute
1 tablespoon mustard seeds
1 tablespoon prepared brown mustard
2 tablespoons flour

Directions:

1. Boil potatoes until fork tender.
2. Reduce heat, sauté onion until translucent. Add bacon bits.
3. Add vinegar, Splenda, mustard, and mustard seed.
4. Whisk 2 Tbs flour into stock, add to pan, bring to boil.
5. Taste mixture, and adjust Splenda-to-vinegar ratio, if necessary.
6. Slice potatoes, and coat with dressing.

Exchanges per serving:

2 Starch; 1/2 Lean Meat; 1/2 Vegetable

Nutrients per serving:

Calories: 183

Calories from fat: 11.6%

Total Fat: 2g

Cholesterol: 0mg

Sodium: 236mg

Total Carbohydrate: 34g

Dietary Fiber: 3

Protein: 8g