



Fat-Free Potato Salad

No one will believe that this is a fat-free dish. It's loaded with flavor and tastes like the real thing that is made with mayo.

The secret to making a tasty, non-fat potato salad is to use a high-quality, non-fat yogurt, one that has good acidity and is thickened naturally with healthful bacteria, not commercial thickeners like pectin.

On the West Coast, there are two brands of non-fat yogurt that I frequently use. Nancy's Non-Fat Plain Yogurt, made by Springfield Dairy in Eugene, Oregon, is a phenomenal product. I always keep it in the fridge and frequently mix it with fruit for mid-day snacks. I also love Strauss Family Creamery Organic Non-Fat Plain Yogurt, made in Marin County, just north of San Francisco. Both are delicious products and I recommend them highly.

This potato salad is a perfect accompaniment to grilled chicken, burgers or picnic sandwiches. It's best made an hour or two ahead and chilled until serving.

Although this recipe calls for basil, you can easily substitute any fresh herbs of choice, including tarragon, dill, thyme or summer savory.

2 to 2-1/2 lb	small new potatoes, boiled in salted water until tender but firm
5 or 6	scallions, finely chopped
1/2 cup (approx.)	good-quality nonfat plain yogurt
2 tsp or more	Dijon mustard (Maille is my favorite)
Small handful	fresh basil leaves, torn or chopped
	Salt and freshly ground pepper

Cut potatoes in halves or quarters, depending on their size. (I usually leave the skin on but you can peel if you like.)

Combine potatoes with scallions and yogurt. Toss gently. Add mustard, herbs and salt and pepper to taste. Toss again. Taste and adjust seasoning.

Refrigerate for about an hour or two. Then taste and adjust seasoning just before serving.

Makes 4 to 6 servings.