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Roasted Garlic Potato Salad

From Eating Well

Though it tastes rich and creamy, this potato salad is made with nonfat yogurt and reduced-fat mayonnaise, making it much lower in fat than a traditional potato salad. Roasted garlic adds a rich dimension

10 servings, 1 cup each / Active Time: 1 1/4 hours / Total Time: 2 hours

Ingredients

2 large heads garlic

3 pounds medium red potatoes, scrubbed and cut into 1-inch pieces

1 teaspoon salt, divided

1 tablespoon white-wine vinegar

1/3 cup reduced-fat mayonnaise

1/3 cup nonfat plain yogurt

2 tablespoons Dijon mustard

Freshly ground pepper, to taste

4 hard-boiled eggs, peeled (see Tip)

1 cup chopped celery

3/4 cup chopped olives

1 4-ounce jar sliced pimientos, rinsed

2 tablespoons chopped fresh parsley, plus sprigs for garnish

2 tablespoons chopped fresh chives, or scallion greens, plus more for garnish

Paprika, for garnish

Directions

1. Preheat the oven to 400°F.
2. Rub off excess papery skin from the garlic heads without separating cloves. Slice the tips off each head, exposing the cloves. Place garlic heads on a square of aluminum foil, sprinkle with 1 tablespoon water and pinch edges of foil together to make a package. Roast until garlic flesh is very soft, 45 minutes to 1 hour. Unwrap garlic and let cool slightly.
3. Meanwhile, place the potatoes in a large saucepan and cover with cold water. Season with 1/4 teaspoon salt. Bring to a boil. Cook, covered, over medium heat until potatoes are tender, 7 to 9 minutes. Drain well; transfer to a large bowl. Toss gently with the vinegar and let cool.
4. When garlic is cool enough to handle, squeeze the pulp into a food processor or blender. Add mayonnaise, yogurt, mustard, 1/4 teaspoon salt and pepper; blend until smooth.
5. Add the dressing to the potatoes and toss to coat. Finely chop 3 eggs and add to the potatoes along with the celery, olives, pimientos, parsley and chopped chives (or scallion greens). Stir gently to mix. Season with the remaining 1/2 teaspoon salt and pepper. Transfer to a serving dish and sprinkle with the paprika. Slice the remaining egg and arrange the slices decoratively on top. Garnish with more chives and/or parsley sprigs.

Tips & Notes

☞ **Tip:** To hard-boil eggs: Place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Remove from heat, pour out hot water and run a constant stream of cold water over the eggs until completely cooled.

Nutrition

Per serving: 223 calories; 7 g fat (1 g sat , 1 g mono); 77 mg cholesterol; 33 g carbohydrates; 7 g protein; 3 g fiber; 561 mg sodium; 751 mg potassium.

Nutrition Bonus: Vitamin C (33% daily value), Potassium (21% dv)