

Potato Salad ... the Lite Version

- 1-2 pounds small red potatoes
- ¼ cup fresh dill, chopped
- ¼ cup fresh chives, chopped
- ½ cup purple onion, chopped finely
- ½ cup non-fat Greek yogurt
- ½ cup non-fat sour cream (be sure to buy a brand with no additives)
- Juice of one lemon
- Salt and pepper to taste

Put the potatoes in a large pot, covered with water. Salt the water generously, preferably with sea salt, so that the potatoes absorb some of its flavor while cooking. Cook only till barely tender. Test by poking with a paring knife. Pour the hot water off of the potatoes, allow to cool, then cut into bite-size pieces.

In a separate bowl, mix the yogurt, sour cream and lemon. Season to taste.

Mix the potatoes, herbs, and dressing in a large bowl and toss to coat. Test the seasoning and adjust the salt and pepper.

Serve at room temperature or chilled. (I thought the flavors were better when chilled, but it's totally preference.)