Savory Potato Salad

Instructions
1. Wash potatoes, cut in half, and place them in cold water in a saucepan
2. Cook covered over medium heat for 25 to 30 minutes or until tender
3. Drain and dice potatoes when cool
4. Add vegetables and egg to potatoes and toss
5. Blend together mayonnaise, mustard, salt, pepper, and dill weed
6. Pour dressing over potato mixture and stir gently to coat evenly
7. Chill for at least one hour before serving

Tip
Potatoes contain iron, phosphorous, calcium, magnesium, and zinc which contribute to the building and maintain of bone structure and strength. They also contain minerals which decrease blood pressure. The fiber in potatoes contains “bulking agents” which make people feel fuller for longer.