

# Yogurt and Dill Smashed Potatoes

Side Dish

## Serves 4

Prep time: 10 minutes

Cook time: 20 minutes

Smashed potatoes all dressed up with flavors of the Mediterranean. Serve as a warm side dish for fish or roast chicken, or chill and serve as a refreshing potato salad.

## Ingredients

- 1 pound small red potatoes, cleaned, un-peeled
- 1/2 cup red onion, diced
- 1 cup plain lowfat yogurt
- 2 tablespoons fresh dill, chopped
- 1 tablespoon fresh parsley, chopped
- 1 teaspoon fresh garlic, minced
- 1 tablespoon lemon juice
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper

## Preparation

Place potatoes in a medium saucepan and cover with cold water. Bring water to a boil over medium-high heat, reduce heat to simmer and cook potatoes until tender, about 15-20 minutes. Drain and cool slightly.

Meanwhile, mix the remaining ingredients in a large bowl and set aside.

Leave skin on and smash each potato on a cutting board using the bottom of a glass. Add the smashed potatoes to the yogurt dressing and stir to coat potatoes.

## Nutrition Information

Per serving: 127 calories, 1 g total fat, 0.5 g saturated fat, 196 mg sodium, 25 g carbohydrates, 2 g fiber, 5 g protein, 120 mg calcium

Provided by:  
Nutrition Education Services/Oregon Dairy Council  
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