



Nutrition Information Per Serving:

Calories: 186
Protein: 8 g
Carbohydrates: 26 g
Fat: 5 g
Fiber: 4 g

PREP TIME 8 mins	COOK TIME 10 mins	CHILL TIME 2 hrs	TOTAL TIME 2:18 hrs mins	RECIPE MAKES 6 servings
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There are few things that go better with a summer barbeque than creamy potato salad. Use protein-packed Muuna cottage cheese to replace mayonnaise in this recipe for a delicious, heartier version of classic potato salad.

INGREDIENTS

- 4 Large red potatoes, boiled, cooled, and diced
- 1 cup 2% Classic plain Muuna cottage cheese
- 1 Tbsp. Milk/milk substitute
- 2 Tbsp. Extra virgin olive oil
- 2 tsp. Apple cider vinegar
- 1 Tbsp. Whole grain mustard
- 1 Tbsp. Dijon mustard
- 1 tsp. Dried dill weed (or 3 sprigs of fresh dill, chopped)
- ½ tsp. Onion powder
- Salt & pepper to taste

INSTRUCTIONS

- 1) Blend cottage cheese, olive oil, milk, and vinegar in a blender until smooth.
- 2) Combine cottage cheese mixture, mustards, dill, onion powder, salt, and pepper in a large bowl. Fold in potatoes.
- 3) Cover and refrigerate for 2+ hours before serving.