

# Potato Beet Salad

From – *Moosewood Restaurant Low-Fat Favorites*

4 medium beets, scrubbed and leaf stems trimmed to 1”

5 potatoes, peeled and cubed

½ cup minced onions or scallions

1 cup nonfat yogurt

¼ cup chopped fresh dill

2 tsp cider vinegar

2 small dill pickles, chopped (about ½ cup)

2 tsp prepared horseradish (optional)

1 tsp sugar (optional)

salt and ground black pepper to taste

- In a covered pot, boil the beets in plenty of water until tender, 40 to 60 minutes.
- Meanwhile, in a separate pot, boil the potatoes in lightly salted water for about 20 minutes, just until soft.
- Drain the potatoes and set aside to cool.
- When the beets are easily pierced with a sharp knife, drain them and plunge them in cold water.
- When they have cooled enough to handle, peel and chop them into bite-sized pieces.
- In a serving bowl, mix together the beets, potatoes, onions or scallions, yogurt, dill, vinegar pickles, and, if using, horseradish and sugar.
- Add salt and pepper to taste and chill for at least 30 minutes.

*Note:* Peeling cooked beets is far more efficient than peeling raw beets. After the cooked beets have cooled, the skins will slide off easily just by squeezing the beets in your hand.



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