

Mashed Potato Salad

*Tastes like a refreshing, deli-style potato salad.
This small amount is perfect to serve with sandwiches.*

Salad dressing (or mayonnaise)	1/3 cup	75 mL
Large hard-cooked egg, chopped	1	1
Green onion, sliced	1	1
Diced celery	1/4 cup	60 mL
Sweet pickle relish	2 tsp.	10 mL
Onion powder	1/8 tsp.	0.5 mL
Salt	1/8 tsp.	0.5 mL
Leftover mashed potatoes	1 cup	250 mL
Large hard-cooked egg, sliced	1	1
Paprika, sprinkle		

Combine first 7 ingredients in large bowl.

Add potatoes. Stir to break up. Transfer to serving bowl.

Top with egg slices and paprika. Cover. Chill for at least 1 hour to blend flavours. Makes about 1 2/3 cups (400 mL). Serves 2.

1 serving: 410 Calories; 30.2 g Total Fat (15.2 g Mono, 8.8 g Poly, 4.2 g Sat); 228 mg Cholesterol; 27 g Carbohydrate; 3 g Fibre; 9 g Protein; 857 mg Sodium

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