

Potato Salad

A Recipe for People on a Renal Diabetic Diet

2 Cups Special Potatoes
2 Tablespoons (tbs.) Minced Onion
¼ Cup Diced Celery
¼ Cup Diced Green Pepper
1/8 Teaspoon (tsp.) Regular Horseradish
1/8 tsp. Dry Mustard Powder
2 tsp. Vinegar
1/8 tsp. Pepper
Dash Garlic Powder
¾ Cup Mayonnaise

To prepare the special potatoes, peel them and dice into small cubes. Soak in a large amount of water (10 cups) for at least two hours or overnight. Drain and cook in the same amount of water until tender. Drain and cool.

Mix potatoes, onion, celery, and green pepper together lightly. Mix horseradish, mustard, vinegar, pepper, garlic powder, and mayonnaise together. Pour over potato mixture. Toss lightly to mix. Sprinkle with parsley or paprika. Makes three ¾ cup servings.

Each serving equals one unsalted starch (potato) and two salted fats. Limit to one serving of potato daily. Each single serving contains 471 cal., 2.3 g of protein, 44 g of fat, 18 g carb., 346 mg of sodium, and 166 mg potassium.

The above recipe was taken from The Cleveland Clinic Foundation's *Creative Cooking for Renal Diabetic Diets*, by the Cleveland Clinic Foundation's Department of Nutrition Services, Pat Ellis, MS, RD, published by Senay Publishing, Inc. They are reprinted with the kind permission of Jim Senay, Patient Support Services (www.patientsupport.net). Always check with your healthcare team to know which foods are best for you.