

Healthy Creamy Potato Salad (No Overpowering Mustard!)

There's something comforting about a bowl of homemade potato salad at family cookouts, picnics, and Sunday dinners. Unfortunately, many traditional recipes rely heavily on mustard and mayonnaise, creating a sharp, tangy flavor that can overpower the potatoes and fresh herbs. This healthier version lets the natural flavors shine by using creamy Greek yogurt, a touch of light mayonnaise, fresh herbs, and just enough Dijon mustard to add depth without dominating the dish. The result is a light, creamy potato salad that's packed with flavor, lower in calories, and perfect for women looking to enjoy a healthier side dish without sacrificing taste.

Healthy Creamy Potato Salad Recipe

Prep Time: 15 minutes

Cook Time: 15 minutes

Total Time: 30 minutes

Servings: 6

Ingredients

- 2 pounds Yukon Gold potatoes, cut into bite-sized pieces
- $\frac{1}{2}$ cup plain nonfat Greek yogurt
- $\frac{1}{4}$ cup light mayonnaise
- 1 teaspoon Dijon mustard
- 1 tablespoon apple cider vinegar
- 1 teaspoon fresh lemon juice
- 1 teaspoon garlic powder
- $\frac{1}{2}$ teaspoon onion powder
- $\frac{1}{2}$ teaspoon smoked paprika

- $\frac{1}{2}$ teaspoon sea salt
- $\frac{1}{4}$ teaspoon black pepper
- 2 celery stalks, finely diced
- $\frac{1}{4}$ cup finely diced red onion
- 2 hard-boiled eggs, chopped
- 2 tablespoons chopped fresh dill
- 2 tablespoons chopped fresh parsley
- 2 green onions, sliced

Instructions

1. Place the potatoes in a large pot and cover with cold water. Bring to a boil and cook for 10–12 minutes, or until fork tender. Drain and allow them to cool slightly.
2. In a large mixing bowl, whisk together the Greek yogurt, light mayonnaise, Dijon mustard, apple cider vinegar, lemon juice, garlic powder, onion powder, smoked paprika, salt, and pepper until smooth.
3. Add the cooked potatoes, celery, red onion, chopped eggs, dill, parsley, and green onions.
4. Gently fold everything together until the potatoes are evenly coated.
5. Refrigerate for at least one hour before serving to allow the flavors to blend.
6. Sprinkle with a little smoked paprika and fresh parsley before serving, if desired.

Nutritional Facts (Approximate Per Serving)

Nutrient	Amount
Calories	195
Protein	8 g
Carbohydrates	24 g

Nutrient	Amount
Fiber	3 g
Sugars	2 g
Fat	8 g
Saturated Fat	1.5 g
Cholesterol	65 mg
Sodium	290 mg
Potassium	620 mg
Vitamin C	20% DV
Calcium	8% DV
Iron	6% DV

Why You'll Love This Recipe

- Creamy without being heavy.
- Mild flavor with **no overpowering mustard taste**.
- Higher in protein thanks to Greek yogurt.
- Lower in fat than traditional potato salad.
- Perfect for barbecues, meal prep, picnics, and holiday gatherings.
- Made with simple, wholesome ingredients.

Women's Health Benefits

Potatoes are an excellent source of potassium, an important mineral that supports healthy blood pressure and muscle function. Greek yogurt adds protein and calcium, which help support bone health and keep you feeling satisfied. Fresh herbs contribute antioxidants and flavor without adding extra sodium, while celery and onions provide fiber and beneficial plant compounds. This lighter potato salad is a balanced alternative to traditional recipes, making it easier to enjoy a classic comfort food as part of a healthy eating pattern.

Recipe Tip: If you prefer an even creamier potato salad, stir in an extra 2–3 tablespoons of Greek yogurt just before serving. The flavors become even better after chilling for a few hours, making this an ideal make-ahead side dish.

Disclaimer: Nutritional values are estimates and may vary depending on the specific ingredients and brands used.