

Red Jacket Potato Salad

6 medium red-skinned potatoes, rubbed with oil and baked
3 T. finely chopped red onion
1 stalk celery, finely chopped

Dressing:

½ c. buttermilk
½ c. Spectrum mayonnaise
2 T. finely chopped green onions
pinch of cayenne pepper
1 small clove garlic, through the press
¼ t. celery seed
fine sea salt and freshly ground black pepper, to taste

1. Cut potatoes in half. Using a melon-baller, scoop out the flesh of the potato, while leaving a quarter-inch-border around the edges. Place potato flesh in a large bowl and add onion and celery.
2. Combine dressing ingredients and season to taste with salt and pepper. Toss dressing with potato, onion and celery.
3. Season the insides of potato jackets with salt and pepper. Fill with salad. Wrap with plastic wrap.

Nutrition (per serving for 6 servings): 373 calories; 38% calories from fat; 16.2g total fat; 5.9mg cholesterol; 320.2mg sodium; 1428.4mg potassium; 52.8g carbohydrates; 6.5g fiber; 6.8g sugar; 6.9g protein.