

Yogurt and dill smashed potatoes

smashed potatoes dressed up with flavors of the mediterranean

Serves: 4

ingredients:

1 c plain, nonfat Zoi Greek yogurt
1 lb small red potatoes, cleaned, with skin on
1/2 c diced red onion
2 tbsp chopped fresh dill
1 tbsp chopped fresh parsley
1 tsp minced fresh garlic
1 tsp ground ginger
1 tbsp lemon juice
1/4 tsp salt
black pepper

preparation:

Place potatoes in medium saucepan and cover with cold water. Bring water to a boil over medium-high heat; reduce heat to simmer and cook potatoes until tender, about 15-20 minutes. Drain and cool slightly.

Meanwhile, mix the remaining ingredients in a large bowl and set aside.

Using a cutting board, smash each potato (with skin on) using the bottom of a glass. Add the smashed potatoes to the yogurt dressing and stir to coat potatoes.

These can be served warm as a side dish for fish or chicken, or chilled and served as an alternative to traditional potato salad.

