



Schoharie County
173 South Grand St
Cobleskill, NY 12043
518.234.4303
518.296.8310
Fax: 518.234.4305
schoharie@cornell.edu

Otsego County
123 Lake St
Cooperstown, NY 13326
607.547.2536
Fax: 607.547.5180
otsego@cornell.edu

Oneonta Outreach
31 Maple St
Oneonta, NY 13820
607.433.2521
Fax: 607.436.9682

cceschoharie-otsego.org

Potato Salad with Boiled Dressing

Ingredients:

- 2 Tablespoons flour
- 1 Tablespoon sugar
- 1 teaspoon salt
- 1 egg
- 1 1/8 cup 1% milk
- 1/3 cup vinegar
- 2 Tablespoons melted butter
- 4 cups cooked potatoes, cooled & diced
- 1 medium onion, chopped

Makes 6 servings - 17% calories from fat

Instructions:

1. In a small saucepan on low heat, combine the dry ingredients, add the egg and mix well.
2. Gradually stir in milk and continue cooking for 8 minutes or until thickened, stirring constantly.
3. Remove from heat and stir in the vinegar and melted butter. Cool, cover and chill. Thin if necessary with 1% milk.
4. Add potatoes and onions. Chill for several hours before serving.

Notes:

- Add shredded raw carrots, chopped celery or chopped hard-cooked eggs, to give this basic recipe a little “something extra”.
- Use the boiled dressing in tuna salad, coleslaw.
- Add onions to the dressing and use on top of vegetables.

Nutrition Facts	
Serving Size 3/4 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 260	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 430mg	18%
Total Carbohydrate 48g	16%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 7g	
Vitamin A 6%	• Vitamin C 25%
Calcium 8%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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