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Green Bean Potato Salad

Recipe adapted from: Katie Sherwood, Center for Science in the Public Interest

1.5 lb. Yukon Gold, fingerling or other waxy potatoes, cut into bite-size chunks

1 lb. green beans trimmed and cut into 1-inch pieces or 1 can low sodium cut & trimmed green beans

1 medium onion of choice (Red, purple, white, yellow, sweet, etc)

2 Tbs Dijon mustard

2 Tbs extra-virgin olive oil

1 Tbs red wine vinegar

¼ tsp kosher salt

In a medium pot, cover the potatoes with cold water. Bring to a boil over high heat, then reduce to gentle boil. Cook until tender but not falling apart, 10-12 minutes. Drain and rinse under cold water.

Steam the green beans until tender, 3-5 minutes. Rinse under cold water.

In a large bowl, whisk together the mustard, oil, vinegar and salt. Gentle toss the potatoes, green beans and onion in the dressing.

Makes 7 servings.

Nutrition information per serving (1 cup): 130 calories; 4 grams fat; 0.5 grams saturated fat; 190 mg sodium; 19 grams carbohydrate, 4 grams fiber; 3 grams protein

