



New Red Potato Salad with Green Beans



Recipe Courtesy Chef Bryan Woolley

- 2 pounds new red potatoes, cleaned with skins on
- 1 pound green beans, snapped
- 1 cup sliced leek
- 1 medium size red bell pepper thinly sliced

Dressing:

- 1 tbsp Dijon mustard
- 1 tbsp toasted sesame seed oil
- 1 tbsp extra virgin olive oil
- 1/4 cup rice vinegar
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 tbsp minced shallots
- Salt and pepper to taste

1. Place the cleaned potatoes into a large sauce pan and cover with cold water. Bring to a boil and reduce heat to a simmer. Do not allow to boil otherwise it will cause the potato skins to split. Cook until tender. Strain and allow potatoes to cool.
2. Bring a pot of water to a boil and blanch green beans. Plunge into an ice bath to stop cooking. Set aside until ready to use.
3. Combine all the dressing ingredients into a bowl and whisk together.
4. Combine the blanched beans, cooled potatoes, leeks, and bell pepper in a large bowl.
5. Pour dressing over potato mixture. Gently toss to coat. Salt and pepper to taste.
6. Chill salad completely. Serve and enjoy!

Makes 8 servings

Nutrition Facts

Serving Size: 1/8 recipe

Calories	140
Total Fat	4g
Saturated Fat	.5g
Cholesterol	0mg
Sodium	60mg
Carbohydrates	26g
Dietary Fiber	4g
Sugars	3g
Protein	4g

Diabetic Exchanges

Protein	1
Fat	1
Carbohydrates	2

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