



Warm Potato Salad

Recipe Courtesy Chef Bryan Woolley

- 1 pound small red or white new potatoes (about 1 1/2 inches in diameter)
- 1 tablespoon Dijon mustard
- 1 tablespoon whole-grain mustard
- 2 tablespoons rice vinegar
- 2 teaspoons red wine vinegar or sherry vinegar
- 2 tablespoons minced shallot
- 4 teaspoons extra-virgin olive oil
- 2 tablespoons chopped fresh flat-leaf (Italian) parsley
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Directions

1. Put the potatoes in a saucepan, add water to cover and bring to a boil over high heat. Reduce the heat to medium and cook, uncovered, until the potatoes are tender, 15 to 20 minutes.
2. Drain and let stand until just cool enough to handle. Cut each potato in half (or quarters, if the potatoes are large) and place in a warmed serving dish.
3. In a small bowl, whisk together the mustards, the vinegars and the shallot until well blended. While whisking, slowly drizzle in the olive oil to make a thick dressing.
4. Stir in the parsley, salt and pepper. Pour the dressing over the warm potatoes, mix gently and serve immediately. Serves 6.

Nutrition Facts

Serving Size: 1/6 recipe

Calories	90
Total Fat	3g
Saturated Fat	0g
Cholesterol	0mg
Sodium	200mg
Carbohydrates	13g
Dietary Fiber	1g
Protein	2g

Diabetic Exchanges

Protein	.5
Fat	1
Carbohydrates	1