

# Herb Potato Salad

Fresh vegetables and a light vinaigrette give this salad a lively flavor.

Makes: 6 servings

Source: [cachampionsforchange.cdph.ca.gov/recipe/herbedpotatosalad](http://cachampionsforchange.cdph.ca.gov/recipe/herbedpotatosalad)

## Ingredients

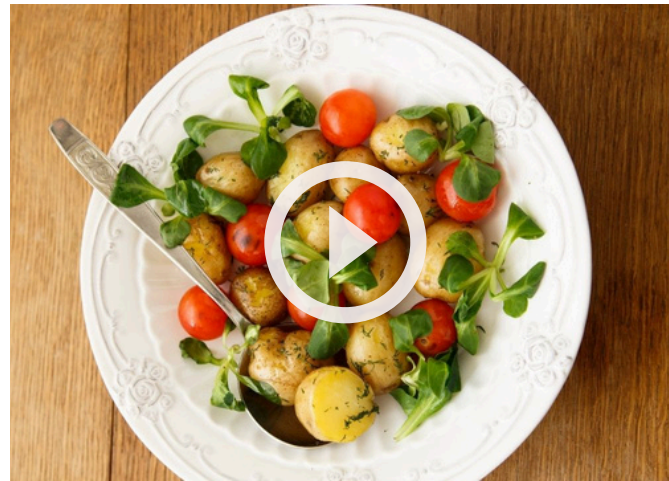
- 1½ pounds red potatoes (about 8 potatoes), cut into cubes
- ½ cup light Italian dressing
- ½ tablespoon spicy brown mustard
- 1 tablespoon chopped fresh parsley
- 1 teaspoon garlic salt
- ¼ teaspoon ground black pepper
- ½ cup chopped red bell pepper
- ½ cup chopped green bell pepper
- ½ cup chopped green onions

## Directions

1. In a large pot, cook potatoes in boiling water until tender, about 10 minutes (do not overcook). Drain well and let cool.
2. Cut potatoes into bite-size pieces and place in a medium bowl.
3. In a small bowl, combine dressing, mustard, parsley, and seasonings; pour over potatoes and toss well.
4. Carefully stir in bell peppers and green onions.
5. Cover and chill until ready to serve.

## Utensils Needed

- Knife
- Cutting Board
- Medium & Small Bowls
- Large Pot
- Colander
- Spoon
- Measuring Utensils



Small Changes,  
BIG Difference!

Click image to watch the recipe video  
or visit [SNAPedNY.org](http://SNAPedNY.org)



## Nutrition Information

Serving Size: 1/2 cup	
Nutrients	Amount
Calories:	146
Total Fat:	1 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	270 mg
Total Carbohydrates:	28 g
Dietary Fiber:	7 g
Total Sugars:	3 g
Added Sugars:	0 g
Protein	7 g
Vitamin D	0 mcg
Calcium	88 mg
Iron	2 mg
Potassium	441 mg



This institution is an equal opportunity provider.

SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP.

# SHOPPING LIST

Average total cost without oil and seasonings: \$10.69

Average cost/serving: \$1.78

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 8 to Cart  
Red Potatoes (5 oz. avg)



Add 1 to Cart  
Red Bell Pepper



Add 1 to Cart  
Light Italian Dressing



Add 1 to Cart  
Green Bell Pepper



Add 1 to Cart  
Spicy Brown Mustard



Add 1 to Cart  
Green Onions (1 bunch)



Add 1 to Cart  
Fresh Parsley

## My Cooking Notes



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