



## ***Lebanese Potato Salad***

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*Dressed with a tangy lemon vinaigrette and fresh mint, this invigorating—and dairy-free—potato salad makes the perfect summer potluck contribution.*

2 pounds russet potatoes (about 3 medium)  
1/4 cup lemon juice  
3 tablespoons extra-virgin olive oil  
1/2 teaspoon salt  
Freshly ground pepper to taste  
4 scallions, thinly sliced  
1/4 cup chopped fresh mint

Place potatoes in a large saucepan or Dutch oven and cover with lightly salted water. Bring to a boil and cook until tender, 25 to 30 minutes. Drain and rinse with cold water. Transfer to a cutting board. Let cool for 20 minutes. Cut the cooled potatoes into 1/2-inch pieces.

Whisk lemon juice, oil, salt and pepper in a large bowl. Add the potatoes and toss to coat.

Just before serving, add scallions and mint to the salad and toss gently.

### **Nutritional Analysis**

Calories	143
Fat	5g
Saturated Fat	1g
Monounsaturated Fat	4g
Sodium	153mg
Carbohydrates	22g
Dietary Fiber	2g
Protein	3g
Potassium	516mg

### **Diabetic Exchanges:**

Starches	1 1/2
Fat	1