



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, snipped
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