



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Potato Salad with Cilantro Dressing

Ingredients

Dressing:

- 1/3 cup olive oil
- 2 tablespoons chopped fresh cilantro
- 3 tablespoons white wine vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon ground cumin
- 1/8 teaspoon ground red pepper (cayenne)

Salad:

- 1 1/2 lb white potatoes (4 medium), each cut in half
- 1/2 medium cucumber, seeded, coarsely chopped
- 1/2 medium green bell pepper, coarsely chopped
- 4 medium scallions, sliced
- 1 medium tomato, seeded, coarsely chopped
- Chopped fresh cilantro, if desired

Directions

1. In 3-quart saucepan, heat 1 inch water (salted if desired) to boiling. Add potatoes. Cover and heat to boiling; reduce heat. Simmer covered 20 to 25 minutes or until tender.
2. While potatoes are cooking, in tightly covered container, shake all dressing ingredients until blended. Drain potatoes; cool slightly. Remove skins if desired. Cut potatoes into cubes (about 4 cups).
3. In large bowl, pour dressing over warm potatoes. Add cucumber, bell pepper, onions and tomato; toss to mix.
4. Serve immediately, or cover and refrigerate 1 to 2 hours until chilled. Stir gently before serving. Garnish with cilantro.

Serves 6

*230 calories, 16 g fat, 2 g saturated fat,
22 g carbohydrate, 2 g fiber, 3 g protein,
205 mg sodium*

Source: Oldways

