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
• ½ teaspoon salt
• ¼ teaspoon ground cumin
• 1/8 teaspoon ground red pepper (cayenne)

Salad:
• 1 ½ lb white potatoes (4 medium), each cut in half
• ½ medium cucumber, seeded, coarsely chopped
• ½ 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