

Potato Salad with Green Beans

Ingredients:

4 potatoes
 15 ounces green beans, canned
 1/2 red onion
 3 tablespoons honey mustard
 2 tablespoons rice vinegar
 2 tablespoons vegetable oil
 Salt and freshly ground black pepper, to taste

Equipment:

Knife & Cutting board
 Saucepan with lid
 Colander
 Large Salad bowl
 Small mixing bowl
 Measuring cups
 Measuring spoons

Number of Servings: 4
 Prep Time: 20 minutes
 Total Time: 20 minutes

Directions

1. Wash potatoes, and cut potatoes in into quarters. Add to large saucepan.
2. Cover potatoes with cool water. Bring to boil over high heat. Cover and reduce heat to medium-low, cook until potatoes are almost tender, about 20 minutes.
3. Meanwhile, open beans and pour into colander. Rinse under water to remove sodium.
4. While potatoes are cooking, cut the ends off of the onion, and peel brown layers. Chop into small pieces.
5. Add beans to potatoes; cover and cook 3 to 4 minutes or until potato are just tender. Drain thoroughly and cool 5 minutes. Cut potatoes into bite size pieces.
6. Add onion, potatoes and beans to salad bowl.
7. In a small bowl, make dressing by combining honey mustard, vinegar, and oil until thoroughly blended and smooth. Pour over vegetables; toss gently to coat.
8. Serve warm or at room temperature. Makes 4 servings (about 5 cups).

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Nutrition Facts	
Serving Size: 1 1/4 cups	
Servings: 4	
Amount Per Serving	
Calories 192	Calories from Fat 72
%Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	4%
Cholesterol 0mg	0%
Sodium 438mg	18%
Total Carbohydrate 29g	10%
Dietary Fiber 4g	16%
Protein 4g	9%
Vitamin A 7%	Vitamin C 48%
Iron 12%	Calcium 5%

*Percent Daily Values are based on a 2,000 calorie diet.

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