

Eat Smart • Move More

Italian Herb Potato Salad

Prep Time: 20 minutes

Total Time: 2 hours



Ingredients

- 1 ½ pounds potatoes, quartered
- 1 bell pepper, diced
- 2 green onions, sliced
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- ½ tablespoon spicy mustard
- 1 teaspoon dried parsley
- ¾ teaspoon garlic powder
- ¼ teaspoon ground black pepper

Nutrition Facts

6 servings per container	
Serving size	1 serving
	(146.97g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes g of Added Sugars	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 18mg	0%
Iron 1mg	6%
Potassium 572mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ The green onions can be replaced with spring, sweet, or red onions.
- ▶ Did you know that ⅛ teaspoon of garlic powder is equivalent to 1 garlic clove?
- ▶ Season with more herbs, such as, tarragon and chives!

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Directions

- Place potatoes in a saucepan and cover with water. Bring to a boil and cook until tender, about 15 minutes.
- Drain well and place in a medium bowl to cool.
- After the potatoes have cooled, toss with the bell pepper and green onions.
- In a separate bowl, mix the oil, vinegar, mustard, parsley, garlic powder, and black pepper together to form the dressing.
- Drizzle dressing over the potatoes and toss well.
- Cover and chill until ready to serve.

(Recipe adapted from: <https://www.realsimple.com.>)

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