

No-Mayo Potato Salad



1 pound small red potatoes, skins on

Dressing

1/4 cup olive oil

1/4 cup vinegar

1 Tablespoon mustard of your choice

3 green onions, finely chopped

3/4 cup fresh herbs, such as cilantro, parsley, chives, tarragon, oregano, basil, thyme, finely chopped

- 1 Using a basket, steam potatoes 15 minutes at full boil until a knife point goes in easily but still firm. Remove from pot and let cool enough to handle. Then cut into 1/2-inch cubes. Place in a bowl.
- 2 Add dressing, toss and refrigerate up to 24 hours for the flavors to meld together.
- 3 Add pepper to taste and serve.

Per serving: 141 calories, 2g protein, 13g carbohydrate (2g fiber), 9g fat (1g sat, 8g mono/poly), 48mg sodium

Serves 6

SEASONED COOK

Make this a one meal dish by adding cooked green beans, peas, and eggs, meat or shrimp on a bed of lettuce. Unlike other potatoes, red potatoes tend to hold their skins intact after steaming.