



TOTAL TIME: 50 MINUTES

SERVES: 8

SERVING SIZE: 1 CUP

PREPARATION:

1. Boil potatoes in salted water or microwave until tender but not over done, 10 minutes or less. Boiling makes for a moister potato for better dressing absorption. Cut into desired size chunks for salad
2. Peel green peppers (this will make them much sweeter and milder). Do not peel any other color pepper because they are naturally sweet. Cut peppers into strips $\frac{1}{4}$ inch or the size of a small match stick
3. In a large bowl toss warm potatoes with olive oil, herbs, green onions, and optional onions
4. Season with salt and pepper
5. Serve warm or at room temperature for maximum flavor

MEDITERRANEAN POTATO & RED PEPPER SALAD

INGREDIENTS:

- | | |
|------------------------|---|
| 2 lbs | Potatoes, washed, but NOT peeled [redskins hold their shape well for salad, but any potato will do] (4 medium potatoes) |
| $\frac{1}{2}$ cup | Green peppers, peeled and thin-sliced like match sticks ($\frac{1}{2}$ large pepper) |
| 1 cup | Red peppers, thin-sliced like match sticks (1 large pepper) |
| 4 tbsp | Extra-virgin olive oil [to taste] |
| $\frac{1}{4}$ cup each | Shredded fresh basil and rough-chopped flat leaf parsley [or use any herb you prefer] |
| $\frac{1}{2}$ cup | Green onion, sliced very thin |
| $\frac{1}{2}$ cup | White onion, sliced very thin [optional but very good] ($\frac{1}{2}$ small onion) |
| to taste | Salt & pepper |



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MEDITERRANEAN POTATO & RED PEPPER SALAD

An easy-to-prepare, very flavorful potato salad with no mayonnaise. Leave the potato skins on, add lots of green herbs, and use olive oil for a healthful, flavorful salad.

TIPS:

- Olive oil-based salads are much more flavorful when served slightly warm or at room temperature. Since the recipe is so easy, it is probably best not to make large quantities. Leftovers can be refrigerated and eaten within a few days for best taste. Discard after 7 days. To serve leftover salad, simply allow to warm to room temperature for about 15-20 minutes, tossing occasionally
- This basic treatment will work well with beets, sweet potatoes, turnips, squash, etc. Be sure to toss with oil while potatoes are warm because the flavors will penetrate much better
- Mint, thyme, rosemary, marjoram, oregano, arugula, and dill also work well
- Other ingredients you might want to add or substitute are chopped chives or scallions, canned tuna, hard-boiled egg or egg whites

NUTRITION INFORMATION (PER 1 CUP SERVING):

Calories: 160 Total Fat: 7g (11% DV) Saturated Fat: 1g (5% DV) Protein: 3g
Carbohydrates: 22g (7% DV) Fiber: 2g (7% DV) Sodium: 10mg (0% DV)

Funded by USDA Supplemental Nutrition Assistance Program through the State of Michigan. These institutions are equal opportunity providers and employers. For food help contact the toll free Michigan Food Assistance Program Hotline: (855) ASK-MICH.



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