



Apple Potato Salad With Curry Dressing



Ingredients



- 3 large potatoes - diced
- 3 medium apples - diced
- 3 medium pears - diced
- 1 small onion - minced
- 1/2 cup raisins (optional)
- 1 cup mayonnaise
- 1 Tbsp. curry powder
- 2 tsp. cumin
- 1/4 tsp. ground cinnamon
- 1 lime - juiced
- Salt and pepper to taste

Yield: 12 servings
Serving Size: 1/2 cup



Directions



1. Wash potatoes and cut into 1/2 - inch chunks leaving the skin on. Put into medium pot and cover with cold water. Heat to a boil over high heat.
2. Once water is boiling, reduce heat to a simmer and cook until potatoes are fork tender, 5-7 minutes.
3. Rinse potatoes in cold water to stop the cooking. Drain, potatoes and set aside.
4. In a large bowl, use a fork to whisk together the mayonnaise, curry powder, cumin, cinnamon, lime juice, salt and pepper.
5. Chop apples, pears, and onion and add to the dressing mixture along with the potatoes and raisins (if using).
6. Gently stir salad until dressing covers all pieces. Refrigerate for at least 1 hour before serving. Enjoy!

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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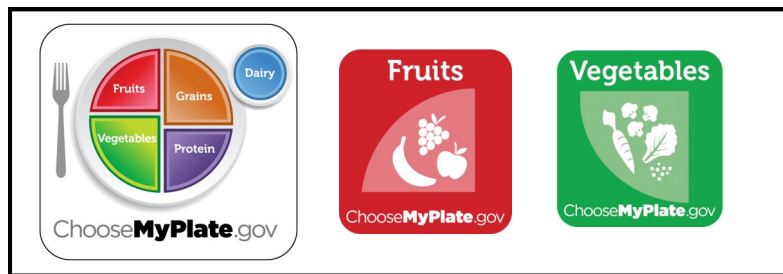
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Fast Facts



Featured Food Groups



Nutrition Facts	
12 servings per container	
Serving size	1/2 cup
Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 125mg	5%
Total Carbohydrate 35g	13%
Dietary Fiber 5g	18%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 1.98mg	10%
Potassium 658mg	15%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Cooking Tips

- Try adding carrots or bell peppers for an extra crunch and more color.
- Add walnuts for an additional crunch.
- To cut down on calories, try using a light mayonnaise or plain yogurt.

Estimated Price:

Yield: \$4.99

Serving Size (1/2 cup): \$0.42

Second Harvest is an equal opportunity provider.



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