



The Kitchen at Second Harvest Apple Potato Salad try at home recipe

Recipe modified from Cook the Story

flip to learn more!



Ingredients

- 2 lbs. baking potatoes
- 1/4 cup low fat mayonnaise
- 1 Tbsp. cider vinegar
- 1 Tbsp. Dijon mustard
- 1 Tbsp. neutral-flavored oil, like grape seed or vegetable oil)
- 2 stalks celery, finely chopped
- 1/2 cup chopped green onions
- 2 apples, cored and cut into 1/2-inch chunks
- Salt and pepper to taste

Yields 8 servings



Find more recipes, free classes,
and ways to get involved!



secondharvestkitchen.org

Directions

1. Cut potatoes into 1-inch chunks.
2. Put potatoes into a medium pot with 2 teaspoons of salt. Cover with cold water. Heat to a boil over high heat, partially covered.
3. Uncover and reduce heat to a simmer. Cook until fork-tender, 5-7 minutes.
4. Drain and allow to cool for 15-30 minutes.
5. In a large bowl use a fork to whisk together the mayonnaise, vinegar, mustard, and oil
6. Add the celery, green onions, and apples along with the cooled potatoes.
7. Stir and serve.



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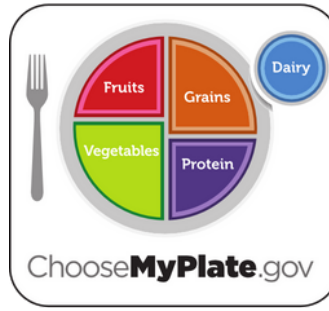
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Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.



The **Fruit** Group includes all fruits and 100% fruit juice. Fruits may be fresh, frozen, canned, or dried/dehydrated. At least half of the recommended amount of fruit eaten should come from whole fruit, rather than 100% fruit juice.

Cooking Tips

- Try adding carrots or bell peppers for an extra crunch and more color.
- Try a different dressing. Vinaigrette, or creamy yogurt dressings work well.

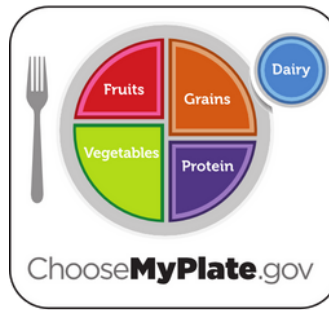
This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.



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Nutrition Facts

Nutrition Facts	
8 servings per container	
Serving size	
Amount Per Serving	
Calories	150
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 27g	10%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1.08mg	6%
Potassium 564mg	10%

*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.

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