



# Herbed Potato Salad



Adapted from *EatFresh.org*

## Ingredients



- 1 1/2 pounds Potatoes, cubed
- 1/2 cup Italian Dressing light
- 1/2 tablespoon Spicy Brown Mustard
- 1 tablespoon Parsley fresh, chopped
- 1 teaspoon Garlic Salt
- 1/4 teaspoon Black Pepper
- 1/2 cup Red Bell Pepper chopped
- 1/2 cup Green Bell Pepper chopped
- 1/2 cup Green Onions chopped



## Directions



Yield: 6 servings Serving size: 1/2 cup

1. In a large pot, cook potatoes in boiling water until tender, about 10 minutes (do not overcook).
2. Drain well and let cool.
3. Cut potatoes into bite-size pieces and place in a medium bowl.
4. In a small bowl, combine dressing, mustard, parsley, seasonings and whisk with fork; pour over potatoes and toss well.
5. Carefully stir in bell peppers and green onions. Cover and chill until ready to serve.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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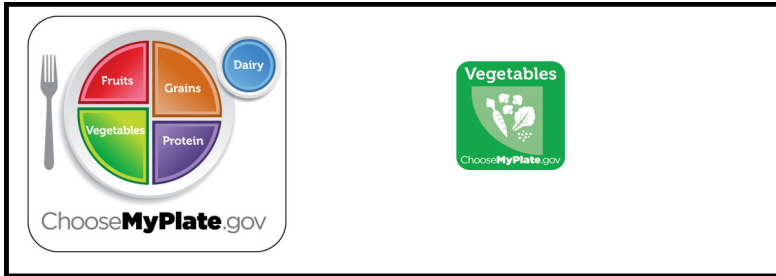
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Red potatoes work best, but use any kind you have in your pantry.
- Other vinaigrettes or dressings work well too.
- Try adding in a grain to give the salad a protein punch!

## Nutrition Facts

Serving Size 0.50 cup  
Serving Per Container 6

Amount Per Serving

**Calories 132**

|                                | % Daily Value* |
|--------------------------------|----------------|
| <b>Total Fat</b> 4 g           | <b>5%</b>      |
| Saturated Fat 1 g              | 5%             |
| <b>Sodium</b> 441 mg           | <b>19%</b>     |
| <b>Total Carbohydrate</b> 24 g | <b>9%</b>      |
| Dietary Fiber 4 g              | <b>14%</b>     |

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

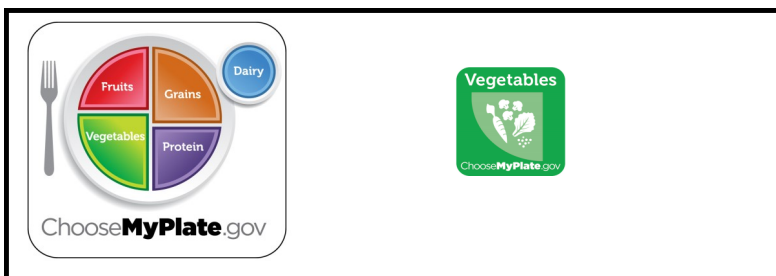
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