



Apple Potato Salad



Ingredients



- 2 lbs potatoes
- 2 tsp salt
- 1/4 cup mayonnaise
- 1 Tbsp cider vinegar
- 1 Tbsp Dijon mustard
- 1 tbs vegetable oil
- 2 stalks celery
- 1/2 cup green onions
- 2 apples



Directions



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

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Fast Facts



This Recipe Provides



Fiber



Vitamin B6



Vitamin C

Prep Tips



- **Did you know?** Dijon Mustard in this recipe acts as an **emulsifier** - which helps oil and vinegar stay together in dressings.
- Don't like Dijon Mustard? Try another type of emulsifier, such as honey or mayonnaise.

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Nutrition Facts

Serving Size (261g)
Servings Per Container 5

Amount Per Serving		Calories from Fat 64	
Calories 248			
		% Daily Value*	
Total Fat 7.1g			11%
Saturated Fat 1.2g			6%
Trans Fat -1g			
Cholesterol 3mg			1%
Potassium 887mg			25%
Sodium 1068mg			45%
Total Carbohydrate 44.8g			15%
Dietary Fiber 7g			28%
Sugars 12.5g			
Protein 3.8g			8%
Vitamin A 3%		Vitamin C 74%	
Calcium 3%		Iron 9%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



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