



Tri-Colored Potato Salad



Ingredients



- 1 sweet potato
 - 2 purple potatoes
 - 1 Yukon Gold potato
 - 1/2 cup purple onion, diced
 - 1/2 cup red bell pepper, diced
 - 1/2 cup green bell pepper, diced
 - 1/2 tsp. salt
- Dressing:**
- 1/4 cup red wine vinegar
 - 1/2 cup olive oil
 - 1/2 Tbsp. of Dijon mustard
 - 1 tsp. Italian seasoning
 - 1/4 tsp. salt
 - Pepper to taste



Yield: 4 servings
Serving Size: 1/2 cup

Directions



1. Boil the sweet potato, purple potatoes, and Yukon potato until they are fork tender.
2. Drain water from potatoes, then peel and slice into wheels and dress when warm. This enhances the flavor profile.
3. Dice the veggies, add to potatoes, mix in the dressing and toss. Let set overnight in the refrigerator to let the flavors soak in.

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



Tri-Colored Potato Salad



Ingredients



- 1 sweet potato
 - 2 purple potatoes
 - 1 Yukon Gold potato
 - 1/2 cup purple onion, diced
 - 1/2 cup red bell pepper, diced
 - 1/2 cup green bell pepper, diced
 - 1/2 tsp. salt
- Dressing:**
- 1/4 cup red wine vinegar
 - 1/2 cup olive oil
 - 1/2 Tbsp. of Dijon mustard
 - 1 tsp. Italian seasoning
 - 1/4 tsp. salt
 - Pepper to taste



Yield: 4 servings
Serving Size: 1/2 cup

Directions



1. Boil the sweet potato, purple potatoes, and Yukon potato until they are fork tender.
2. Drain water from potatoes, then peel and slice into wheels and dress when warm. This enhances the flavor profile.
3. Dice the veggies, add to potatoes, mix in the dressing and toss. Let set overnight in the refrigerator to let the flavors soak in.

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



Fast Facts



Featured Food Groups



Cooking Tips

- While the potatoes are boiling, wash and dice other veggies and mix up the dressing.

Nutrition Facts



Nutrition Facts	
4 servings per container	
Serving size	1/2 cup
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 10g	
Cholesterol 0mg	0%
Sodium 470mg	20%
Total Carbohydrate 23g	8%
Dietary Fiber 9g	32%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 9g	18%
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 1mg	6%
Potassium 527mg	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.	

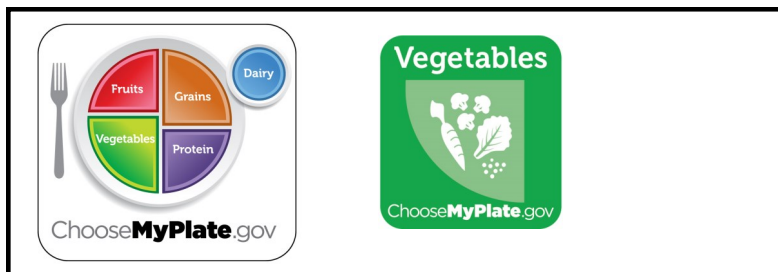
Second Harvest is an equal opportunity provider.



Fast Facts



Featured Food Groups



Cooking Tips

- While the potatoes are boiling, wash and dice other veggies and mix up the dressing.

Nutrition Facts



Nutrition Facts	
4 servings per container	
Serving size	1/2 cup
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 10g	
Cholesterol 0mg	0%
Sodium 470mg	20%
Total Carbohydrate 23g	8%
Dietary Fiber 9g	32%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 9g	18%
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 1mg	6%
Potassium 527mg	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.	

Second Harvest is an equal opportunity provider.