

# Greek Idaho Potato Salad

*www.Recipes.IdahoPotato.com*

*4 medium Idaho potatoes, peeled and cut into 1/2-inch chunks*  
*8 ounces green beans, stem ends trimmed and cut into one-inch lengths*  
*3/4 cup buttermilk*  
*2 tablespoons extra virgin olive oil*  
*1/2 teaspoon grated lemon zest*  
*1 tablespoon fresh lemon juice*  
*1/2 teaspoon salt*  
*1 large cucumber, peeled, halved lengthwise, seeded and thinly sliced*  
*1 cup cherry tomatoes, halved*  
*1 medium red onion, halved and thinly sliced*  
*1/4 cup snipped fresh dill*  
*4 ounces feta cheese, crumbled*

In a large pot of boiling salted water, cook the potatoes about 12 minutes until crisp tender. Add the green beans and cook 2 minutes longer. Drain well.

Meanwhile, in a large bowl, whisk together the buttermilk, olive oil, lemon zest, lemon juice and salt. Add the potatoes and green beans. Toss gently to coat.

Add the cucumber, tomatoes, red onion and dill, tossing gently. Cool to room temperature.

Serve at room temperature or cover and refrigerate until serving time.

At serving time, spoon onto serving plates and sprinkle the feta cheese over the top.

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Per Serving (excluding unknown items): 1195 Calories; 55g Fat (39.6% calories from fat); 41g Protein; 146g Carbohydrate; 22g Dietary Fiber; 107mg Cholesterol; 2590mg Sodium. Exchanges: 6 Grain(Starch); 2 1/2 Lean Meat; 8 1/2 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 9 Fat.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	1195	Vitamin B6 (mg):	2.3mg
% Calories from Fat:	39.6%	Vitamin B12 (mcg):	2.3mcg
% Calories from Carbohydrates:	47.1%	Thiamin B1 (mg):	1.0mg
% Calories from Protein:	13.3%	Riboflavin B2 (mg):	1.7mg
Total Fat (g):	55g	Folacin (mcg):	275mcg
Saturated Fat (g):	22g	Niacin (mg):	12mg
Monounsaturated Fat (g):	26g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	4g
Cholesterol (mg):	107mg
Carbohydrate (g):	146g
Dietary Fiber (g):	22g
Protein (g):	41g
Sodium (mg):	2590mg
Potassium (mg):	4454mg
Calcium (mg):	970mg
Iron (mg):	8mg
Zinc (mg):	7mg
Vitamin C (mg):	192mg
Vitamin A (i.u.):	3492IU
Vitamin A (r.e.):	451RE

Alcohol (kcal):	
% Refuse:	0 0%

## Food Exchanges

Grain (Starch):	6
Lean Meat:	2 1/2
Vegetable:	8 1/2
Fruit:	0
Non-Fat Milk:	1/2
Fat:	9
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

Calories	1195	Calories from Fat: 474
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### % Daily Values\*

<b>Total Fat</b>	55g	84%
Saturated Fat	22g	109%
<b>Cholesterol</b>	107mg	36%
<b>Sodium</b>	2590mg	108%
<b>Total Carbohydrates</b>	146g	49%
Dietary Fiber	22g	86%
<b>Protein</b>	41g	
<b>Vitamin A</b>		70%
<b>Vitamin C</b>		321%
<b>Calcium</b>		97%
<b>Iron</b>		47%

\* Percent Daily Values are based on a 2000 calorie diet.