

Herbed Red Potato Salad

Cookie and Kate
www.CookieAndKate.com

Servings: 6

*2 pounds small new potatoes,
scrubbed and sliced into 1/4-inch
rounds*
1 tablespoon salt
1/4 cup olive oil
*1/3 cup lightly packed fresh flat-leaf
parsley, roughly chopped*
*1/3 cup green onions, roughly
chopped*
2 tablespoons fresh lemon juice
2 tablespoons Dijon mustard
2 cloves garlic, roughly chopped
freshly ground black pepper (to taste)
3 stalks celery, chopped
*fresh flat-leaf parsley (for garnish),
roughly chopped*
*green onions (for garnish), roughly
chopped*
salt (to taste)
pepper (to taste)

Preparation Time: 15 minutes

Cook Time: 5 minutes

In a large saucepan or Dutch oven, combine the potatoes and salt. Cover with water by one inch. Bring to a boil over high heat. Reduce the heat to medium-low. Cook until the potatoes are easily pierced by a paring knife and pulled out with little resistance, about 5 to 6 minutes.

Reserve one-quarter cup of the cooking water. Drain. Transfer the potatoes to a large mixing bowl.

In a small food processor or blender, combine the olive oil, 1/3 cup parsley, 1/3 cup green onions, lemon juice, Dijon mustard, garlic and freshly ground black pepper. Process until the herbs and garlic have been chopped into little pieces. Drizzle in the reserved cooking water and blend until just emulsified. (If a food processor or blender is not available, finely chop the parsley and onions and whisk the dressing together until emulsified.)

Drizzle the potatoes with the herbed olive oil mixture. Mix well. (It will appear that you have added too much dressing, but the potatoes will soak it up.) Let the potatoes rest for 10 minutes, tossing every few minutes.

Add the celery to the bowl along with two tablespoons of parsley, and two tablespoons of green onion. Toss again. Season to taste with salt and pepper.

Serve immediately or cover and refrigerate until you're ready to serve. (This salad is best served within a few hours but will keep well in the refrigerator for about two days.

Start to Finish Time: 20 minutes

Per Serving (excluding unknown items): 91 Calories; 9g Fat (88.3% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1147mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	91	Vitamin B6 (mg):	trace
% Calories from Fat:	88.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	9.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.4%	Riboflavin B2 (mg):	trace
Total Fat (g):	9g	Folacin (mcg):	10mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	2g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	1147mg	Vegetable:	1/2
Potassium (mg):	89mg	Fruit:	0
Calcium (mg):	25mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	5mg		
Vitamin A (i.u.):	48IU		
Vitamin A (r.e.):	5RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 91 Calories from Fat: 80

% Daily Values*

Total Fat	9g	14%
Saturated Fat	1g	6%
Cholesterol	0mg	0%
Sodium	1147mg	48%
Total Carbohydrates	2g	1%
Dietary Fiber	1g	3%
Protein	1g	
Vitamin A		1%
Vitamin C		8%
Calcium		3%
Iron		2%

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