

Idaho Potato Salad Nicoise

Ken's Red Wind Vinegar Dressing
www.recipes.IdahoPotato.com

5 pounds potatoes, peeled
3 medium red onions
2 red bell peppers
2 green bell peppers
2 yellow Holland peppers
6 medium tomatoes
1 bunch fresh basil
3 tablespoons thyme
3 tablespoons oregano
2 1/2 cups vinaigrette dressing
salt (to taste)
pepper (to taste)

Boil and dice the potatoes into 1/2-inch cubes. Julienne the onions. Core, seed and julienne the peppers. Core and cut the tomatoes into one-inch cubes.

Wash the basil and leave whole. In a bowl, toss all of the ingredients with the thyme, oregano and dressing. (The potatoes will absorb flavors best when still hot.)

Add salt and pepper to taste.

Serve on your favorite greens. Suggested pairing: barbecued chicken.

This recipe was one of the winners in a contest sponsored by the Association for Dressings & Sauces and several partners, including the Idaho Potato Commission. Ingredient listing specified Ken's Red Wind Vinegar Dressing.

Per Serving (excluding unknown items): 2338 Calories; 9g Fat (3.1% calories from fat); 66g Protein; 531g Carbohydrate; 73g Dietary Fiber; 0mg Cholesterol; 236mg Sodium. Exchanges: 28 Grain(Starch); 19 Vegetable; 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	2338
% Calories from Fat:	3.1%
% Calories from Carbohydrates:	86.2%
% Calories from Protein:	10.7%
Total Fat (g):	9g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	0mg
Carbohydrate (g):	531g

Vitamin B6 (mg):	8.3mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	2.8mg
Riboflavin B2 (mg):	1.3mg
Folacin (mcg):	673mcg
Niacin (mg):	43mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 73g
 Protein (g): 66g
 Sodium (mg): 236mg
 Potassium (mg): 15915mg
 Calcium (mg): 799mg
 Iron (mg): 46mg
 Zinc (mg): 12mg
 Vitamin C (mg): 1298mg
 Vitamin A (i.u.): 21295IU
 Vitamin A (r.e.): 2126 1/2RE

Grain (Starch): 28
 Lean Meat: 0
 Vegetable: 19
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 1/2
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories	2338	Calories from Fat: 73
-----------------	------	-----------------------

% Daily Values*

Total Fat	9g	13%
Saturated Fat	2g	9%
Cholesterol	0mg	0%
Sodium	236mg	10%
Total Carbohydrates	531g	177%
Dietary Fiber	73g	291%
Protein	66g	

Vitamin A	426%
Vitamin C	2163%
Calcium	80%
Iron	254%

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