

Idaho Potato Salad with Peppers & Onions

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www.recipes.IdahoPotato.com

4 medium Idaho potatoes, peeled
3/4 cup Mustard Vinaigrette
1 medium yellow or orange bell pepper, cut into thin two-inch strips
1 medium onion, cut into thin slices
coarse salt (to taste)
freshly ground pepper (to taste)
MUSTARD VINAIGRETTE
2 tablespoons mustard
1 tablespoon water
1/2 cup vinegar
2 cups olive oil
juice of one lemon
fresh ground black pepper (to taste)
salt (to taste)

For the mustard vinaigrette: In a bowl, combine the mustard, water, vinegar, lemon juice, pepper and salt. Whisk until frothy. Whip the mixture continuously as a steady stream of oil is added to the mixture. Whisk until all of the oil is incorporated. Season to taste.

For the potato salad: Boil the potatoes in lightly salted water. Slice the warm, boiled potatoes into a salad bowl. Scatter the sliced peppers and onions over the potatoes. Pour on about 1/2 cup of the mustard vinaigrette.

Using your hands, gently mix the salad until each potato slice is coated with vinaigrette and the onions and peppers are well distributed.

Taste the salad and season with salt and pepper to taste.

Let the salad stand for at least one hour.

Before serving, taste the salad again and add vinaigrette to taste.

Per Serving (excluding unknown items): 4286 Calories; 434g Fat (89.1% calories from fat); 13g Protein; 106g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 410mg Sodium. Exchanges: 6 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 86 1/2 Fat; 1/2 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

% Calories from Fat:	89.1%
% Calories from Carbohydrates:	9.7%
% Calories from Protein:	1.2%
Total Fat (g):	434g
Saturated Fat (g):	59g
Monounsaturated Fat (g):	319g
Polyunsaturated Fat (g):	37g
Cholesterol (mg):	0mg
Carbohydrate (g):	106g
Dietary Fiber (g):	11g
Protein (g):	13g
Sodium (mg):	410mg
Potassium (mg):	2982mg
Calcium (mg):	90mg
Iron (mg):	7mg
Zinc (mg):	3mg
Vitamin C (mg):	103mg
Vitamin A (i.u.):	0IU
Vitamin A (r.e.):	0RE

Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.4mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	86mcg
Niacin (mg):	8mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	6
Lean Meat:	0
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	86 1/2
Other Carbohydrates:	1/2

Nutrition Facts

Amount Per Serving

Calories	4286	Calories from Fat: 3820
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% Daily Values*

Total Fat	434g	668%
Saturated Fat	59g	293%
Cholesterol	0mg	0%
Sodium	410mg	17%
Total Carbohydrates	106g	35%
Dietary Fiber	11g	42%
Protein	13g	
Vitamin A		0%
Vitamin C		172%
Calcium		9%
Iron		38%

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