

# Japanese Idaho Potato Salad

Patricia Willis - "She's Cookin'"  
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1 pound (3 medium) Russet potatoes  
1/2 teaspoon salt  
1 egg  
1/2 cup (1 large) carrots, chopped  
1/2 cup cooked corn  
1/2 cup (1/2 of one) English cucumber  
2 slices Black Forest ham  
2/3 cup mayonnaise  
1 teaspoon rice vinegar  
3/4 teaspoon hot & sweet mustard  
1/2 teaspoon sugar substitute  
freshly ground pepper (to taste)

Peel the potatoes. Cut into 3/4-inch cubes. The potatoes should all be about the same size so they cook evenly. Place the potatoes into a large pot. Add enough water to cover the potatoes. Heat over high heat. When the water boils, lower the heat to medium. Cook until the potatoes are easily pierced with a fork or skewer, about 20 minutes.

Drain the potatoes. Add them back to the pot to cook off the remaining moisture, about 30 seconds over medium heat. Stir gently to prevent browning and remove all the moisture from the potatoes. Remove from the heat. Mash the potatoes with a potato masher, leaving some small chunks for texture. Sprinkle with salt. Allow to cool.

While the potatoes are cooking, prepare a hard-boiled egg. Peel and dice the egg with a paring knife or egg slicer. Set aside.

Cut a large carrot into quarters and slice thinly. Place the carrots in a microwave-safe container. Add one tablespoon of water. Cook for 1 minute so that they are partially cooked but still crunchy. Drain. Set aside.

If using frozen corn, place them in the same microwave-safe container. Add one tablespoon of water. Cook for 2 minutes. Drain. Set aside.

Cut the English cucumber into quarters lengthwise and slice thinly.

Dice the ham slices. Add the ham, carrots, corn and cucumber to the mashed potatoes with about six grinds of black pepper. Mix well.

In a bowl, using a small whisk or fork, blend the rice vinegar, mustard and sugar into the mayonnaise. Add the mixture to the potatoes and vegetables. Mix until fully incorporated. Gently mix in the diced egg.

Refrigerate until ready to serve.

*\*Use LoSalt for low-sodium diets. Black Forest ham is leaner and lower in sodium than other ham. Japanese mayonnaise is sweeter and has a thinner consistency than regular mayonnaise and can be found in most Asian markets, but adding rice vinegar, mustard and sugar to the mayonnaise you have is a good substitute.*

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Per Serving (excluding unknown items): 1214 Calories; 129g Fat (89.3% calories from fat); 12g Protein; 23g Carbohydrate; 4g Dietary Fiber; 263mg Cholesterol; 1982mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 11 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	1214	Vitamin B6 (mg):	1.1mg
% Calories from Fat:	89.3%	Vitamin B12 (mcg):	1.0mcg
% Calories from Carbohydrates:	7.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.6%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	129g	Folacin (mcg):	50mcg
Saturated Fat (g):	19g	Niacin (mg):	1mg
Monounsaturated Fat (g):	35g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	61g	Alcohol (kcal):	0
Cholesterol (mg):	263mg	% Refused:	0.0%
Carbohydrate (g):	23g	<b>Food Exchanges</b>	
Dietary Fiber (g):	4g	Grain (Starch):	1
Protein (g):	12g	Lean Meat:	1
Sodium (mg):	1982mg	Vegetable:	1/2
Potassium (mg):	648mg	Fruit:	0
Calcium (mg):	74mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	11
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	28mg		
Vitamin A (i.u.):	11177IU		
Vitamin A (r.e.):	1163 1/2RE		

Nutrition Facts

Amount Per Serving

Calories 1214                      Calories from Fat: 1085

		% Daily Values*
Total Fat	129g	198%
Saturated Fat	19g	94%
Cholesterol	263mg	88%
Sodium	1982mg	83%
Total Carbohydrates	23g	8%
Dietary Fiber	4g	17%
Protein	12g	
Vitamin A		224%
Vitamin C		46%

Calcium	7%
Iron	13%

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