

# Mediterranean Potato Salad

Chef Keith Huffman - Minneapolis/St Paul, MN  
www.recipes.IdahoPotato.com

5 quarts potatoes, unpeeled, cut into one-inch dice  
2 cups mayonnaise  
2 cups Parmesan cheese, freshly grated  
1/2 cup sundried tomatoes, rehydrated and diced  
1/2 cup balsamic vinegar  
6 cloves garlic, chopped  
1/4 cup fresh basil, chopped  
1/4 cup fresh oregano, chopped  
1 tablespoon fresh thyme, chopped  
1 tablespoon lemon juice

Cook the potatoes in salted water to cover until the potatoes are tender but still firm. Drain.

In a bowl, combine the mayonnaise, Parmesan, tomatoes, vinegar, garlic, basil, oregano, thyme and lemon juice. Mix well by hand (do not use a blender).

Lightly toss the dressing with the potatoes.

Refrigerate for one to three hours to allow the flavors to develop.

*If dry herbs are substituted for fresh, use half the amount listed in recipe. If desired, sprinkle feta or goat cheese over the salad before serving.*

*If desired, frozen potatoes may be substituted for fresh potatoes. Follow manufacturer's instructions.*

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Per Serving (excluding unknown items): 6324 Calories; 425g Fat (57.8% calories from fat); 135g Protein; 564g Carbohydrate; 51g Dietary Fiber; 280mg Cholesterol; 5665mg Sodium. Exchanges: 36 Grain(Starch); 9 1/2 Lean Meat; 1 Vegetable; 1/2 Fruit; 35 Fat.

## Side Dishes

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	6324	<b>Vitamin B6 (mg):</b>	10.4mg
<b>% Calories from Fat:</b>	57.8%	<b>Vitamin B12 (mcg):</b>	3.4mcg
<b>% Calories from Carbohydrates:</b>	34.1%	<b>Thiamin B1 (mg):</b>	2.5mg
<b>% Calories from Protein:</b>	8.2%	<b>Riboflavin B2 (mg):</b>	1.3mg
<b>Total Fat (g):</b>	425g	<b>Folacin (mcg):</b>	442mcg
<b>Saturated Fat (g):</b>	83g	<b>Niacin (mg):</b>	45mg
<b>Monounsaturated Fat (g):</b>	114g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	184g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	280mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	564g		
<b>Dietary Fiber (g):</b>	51g		
	135g		

### Food Exchanges

<b>Grain (Starch):</b>	36
	9 1/2

**Protein (g):**  
**Sodium (mg):** 5665mg  
**Potassium (mg):** 17000mg  
**Calcium (mg):** 2592mg  
**Iron (mg):** 28mg  
**Zinc (mg):** 17mg  
**Vitamin C (mg):** 616mg  
**Vitamin A (i.u.):** 3023IU  
**Vitamin A (r.e.):** 651RE

**Lean Meat:**  
**Vegetable:** 1  
**Fruit:** 1/2  
**Non-Fat Milk:** 0  
**Fat:** 35  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 6324                      **Calories from Fat:** 3653

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### % Daily Values\*

<b>Total Fat</b>	425g	654%
Saturated Fat	83g	415%
<b>Cholesterol</b>	280mg	93%
<b>Sodium</b>	5665mg	236%
<b>Total Carbohydrates</b>	564g	188%
Dietary Fiber	51g	203%
<b>Protein</b>	135g	

<b>Vitamin A</b>	60%
<b>Vitamin C</b>	1027%
<b>Calcium</b>	259%
<b>Iron</b>	156%

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