

Roasted Pesto Potato Salad

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Servings: 8

3 pounds medium-size red potatoes
1/3 cup white balsamic vinegar
1/4 cup extra-virgin olive oil
1/2 teaspoon sea salt
3 cloves garlic, minced
freshly ground pepper
1/3 cup Parmigiano-Reggiano cheese,
shredded
1/4 cup fresh basil, finely minced
1/4 cup toasted pine nuts (optional)

Place the potatoes in a large microwave-safe bowl. Cover with a lid or plastic wrap. (Note: If using plastic wrap, make sure the plastic wrap is not touching any of the ingredients and poke one small hole in the top to vent.) Microwave on HIGH for 10 to 12 minutes, until the potatoes are tender. When cool enough to handle, cut the potatoes into halves or quarters and place in a large bowl.

Whisk together the vinegar, oil, salt and garlic. Pour over the potatoes and toss lightly to coat. Season with pepper. Cover and refrigerate until ready to serve.

Just before serving, toss in the cheese and basil, then sprinkle with pine nuts, if using.

Per Serving (excluding unknown items): 62 Calories; 7g Fat (96.6% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 118mg Sodium. Exchanges: 0 Vegetable; 1 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	62	Vitamin B6 (mg):	trace
% Calories from Fat:	96.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	2.7%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.7%	Riboflavin B2 (mg):	0mg
Total Fat (g):	7g	Folacin (mcg):	1mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
		Alcohol (kcal):	0

Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	trace
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	118mg
Potassium (mg):	11mg
Calcium (mg):	4mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	51IU
Vitamin A (r.e.):	5RE

% Refuse: 0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 62 Calories from Fat: 60

% Daily Values*

Total Fat 7g	10%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 118mg	5%
Total Carbohydrates trace	0%
Dietary Fiber trace	0%
Protein trace	
Vitamin A	1%
Vitamin C	1%
Calcium	0%
Iron	0%

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