



Red Potato Salad

6 medium red potatoes
cut into 1½ inch pieces
4 cups fresh green beans
cut into 1½ inch pieces
1 small red onion,
chopped

1 red bell pepper,
chopped
1 yellow bell pepper,
chopped
1 cup chopped
cherry tomatoes

¼ cup mayonnaise
2 tablespoons red
wine vinegar
2 teaspoons fresh
oregano
Salt and pepper

1. Wash vegetables in warm water.
2. Boil potatoes until tender and drain.
3. Boil green beans until tender crisp and drain.
4. Place the potatoes and green beans in a bowl.
5. Add chopped red onions, peppers and tomatoes.
6. In a small bowl, **mix** mayonnaise, red wine vinegar and chopped

oregano.
7. Add to potato mixture and mix lightly.
8. Season with salt and pepper. **Mix** well. **Serve** cold.

Yield: 16, ½ cup servings

Nutritional Analysis:
140 calories, 1.5 g fat,
0 g saturated fat, 0 mg
cholesterol, 35 mg sodium,
26 g carbohydrate, 6 g
fiber, 3 g sugar, 5 g protein.

Buying
Kentucky
Proud is easy.
Look for the
label at your
grocery store,
farmers'
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Kentucky Potatoes

SEASON: Late June–October.

NUTRITION FACTS: Potatoes are a good source of vitamins B and C, potassium, and complex carbohydrates. They do not contain fat, cholesterol, or sodium. There is only 70 calories in a ½ cup serving of cooked potato. Most nutrients are located just below the skin, so avoid peeling when possible.

SELECTION: Select firm potatoes free from wrinkles, green spots, or bruises. New potatoes are immature potatoes of any variety. They are creamy, thin-skinned, and small enough to serve whole. New potatoes are best in dishes that call for boiled potatoes as they will hold their shape. For baking, frying, and mashing, choose drier varieties.

Source: www.fruitsandveggiesmatter.gov

STORAGE: Potatoes should be kept in a cool, dark, well ventilated place. Do not store in the refrigerator.

PREPARATION: Potatoes should be thoroughly washed and scrubbed before cooking. Any sprouts or eyes should be cut out. Common methods of preparation include boiling, baking, microwaving, mashing, frying and grilling.

POTATOES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students

March 2013

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