

RECIPE

Herb Potato Salad

cachampionsforchange.cdph.ca.gov

Ingredients

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| 1½ pounds red potatoes
(about 8 potatoes), cubed | 1 tsp garlic salt |
| ½ cup light Italian dressing | ¼ tsp ground black pepper |
| ½ tbsp spicy brown mustard | ½ cup red bell pepper , chopped |
| 1 tbsp fresh parsley , chopped | ½ cup green bell pepper , chopped |
| | ½ cup green onions , chopped |

Directions

1. In a large pot, cook potatoes in boiling water until tender, about 10 minutes (do not overcook). Drain well and let cool.
2. Cut potatoes into bite-size pieces and place in a medium bowl.
3. In a small bowl, combine dressing, mustard, parsley, and seasonings; pour over potatoes and toss well.
4. Carefully stir in bell peppers and green onions. Cover and chill until ready to serve.

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Nutrition Serving Size: 1/2 cup
Saturated Fat: 1g Sodium: 441mg

Yield: 6 servings Calories: 132 Total Fat: 4g
Total Carbohydrates: 24g Fiber: 4g Protein: 2g



Connect with us & find your local office at: snapedny.org

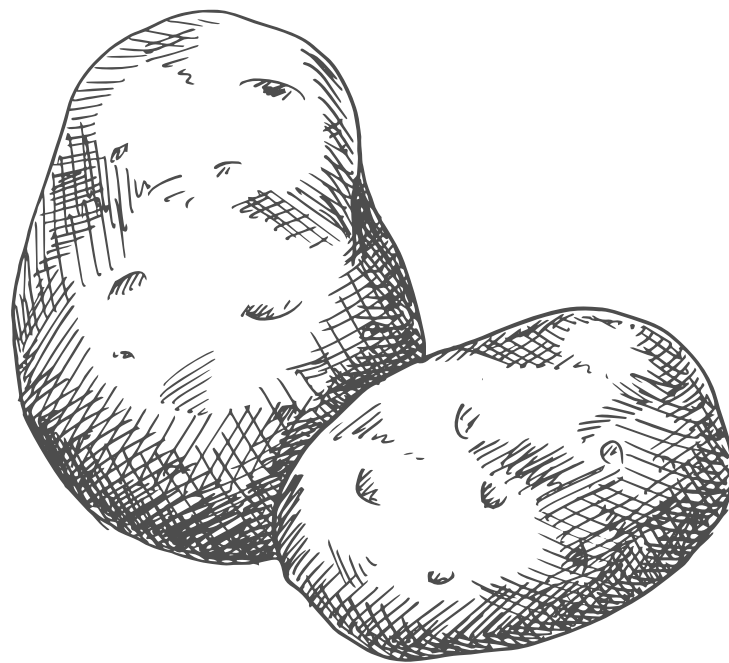
To find out more about SNAP benefits, contact your local

NOEP Coordinator at
315-764-9442 ext. 405

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SNAP-ee!

Harvest of the Month



Unscramble these letters to find out the veggie of the month:

T O P A O T

botanical name: solanum tuberosum



Cornell Cooperative Extension
St. Lawrence County