

## RECIPE OF THE WEEK | Red Potato Salad

This mayo-less potato salad is a great addition to summer barbecues and picnics.

Makes about six 1-cup servings

### Ingredients

4 large red potatoes, scrubbed  
1/2 cup thinly sliced red onion  
1 red or yellow bell pepper, seeded and sliced  
1/4 cup finely chopped fresh parsley  
1/4 cup cider vinegar  
2 tablespoons seasoned rice vinegar  
juice of 1 lemon  
2 garlic cloves, pressed  
2 teaspoons stone-ground mustard  
1/2 teaspoon salt  
1/4 - 1/2 teaspoon black pepper

### Directions

Cut potatoes into 1/2-inch cubes and steam over boiling water until just tender, 10 to 15 minutes. Rinse with cold water, then transfer to a large bowl. Add onion, bell pepper, and parsley.

Combine vinegars, lemon juice, garlic, mustard, salt, and pepper. Pour over salad. Toss to mix.

Per Serving (1 cup): 124 calories; 0.3 g fat; 0.1 g saturated fat; 2.2% calories from fat; 0 mg cholesterol; 2.7 g protein; 28.8 g carbohydrates; 4.8 g sugar; 4 g fiber; 307 mg sodium; 40 mg calcium; 2.6 mg Iron; 59.3 mg vitamin C; 458 mcg beta carotene; 0.4 mg vitamin E

Source: *Healthy Eating for Life to Prevent and Treat Cancer* by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.

Please feel free to tailor PCRM recipes to suit your individual dietary needs.