

RED, WHITE AND BLUE POTATO SALAD



DIFFICULTY

EASY



TIME

60 MIN



SERVES

4-6

INGREDIENTS

1.5 pounds Red or Purple Potatoes; steamed or boiled until soft and cooled
½ cup Plain Greek Style Yogurt or Mayonnaise
2 Tbsp Apple Cider Vinegar
1/2-1 tsp Sea Salt or to taste
1 tsp freshly ground Pepper
¼ Cup Blue or Feta Cheese, crumbled
1 Cup Red Cherry Tomatoes, cut in half
1 Cup of Spinach Leaves
2 Tbsp finely chopped Parsley leaves

DIRECTIONS

Boiling Potatoes

• Place potatoes in large pot and cover with 1 inch of cold water. Add 1 Tbsp Sea Salt to Water. Bring to boil and cook for about 15-20 minutes, or until can be pierced easily with knife. Drain in a colander and cool

Steaming Potatoes

• Place potatoes in steamer. Cover and Cook for about 15-20 minutes, or until can be pierced easily with knife. Remove from heat

Preparation

1. In a large bowl, whisk together yogurt or mayonnaise and ½ of the crumbled cheese
2. Cut the cooled potatoes in half
3. In a large bowl, combine the Greek Yogurt, Cheese, Salt and Pepper
4. Fold in the potatoes.
5. Add ½ of the spinach to a serving bowl. Add ½ of the potato mixture. Layer the remaining potato mixture, spinach and cherry tomatoes. Top with remaining cheese and parsley

NUTRITION FACTS PER SERVING

Calories: 220 Fat: - (Saturated Fat: -g) Carbohydrates: -g Fiber: -g Sugar: -g Protein: -g



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