

Italian Herb Red Potato Salad

Ingredients:

- 1 1/2 pounds red potatoes
- 1 green pepper
- 1 red onion
- 1/2 cup Italian salad dressing, low calorie
- 1/2 tablespoon spicy mustard
- 1 tablespoon parsley, chopped
- 3/4 teaspoon garlic powder
- 1/4 teaspoon ground black pepper

Equipment:

- Cutting board
- Knife
- Saucepan with lid
- Colander
- Medium bowl
- Small bowl
- Spatula
- Measuring cups
- Measuring spoons

Directions

1. Wash potatoes, and cut into quarters. Place potatoes in sauce pan with cool water, cover and bring to a boil, turn to low and cook until potatoes are tender, about 15 minutes. Drain well and place in a medium bowl to cool. Set aside.
2. Slice green pepper in half and remove stem and seeds. Slice into strips, then chop the strips into small pieces. Set aside.
3. Cut the ends off of the onion, remove brown layers and rinse. Cut in half lengthwise and place flat side down. Slice into strips keeping onion together. Turn 1/4 and slice again to make dice. Chop up any large pieces. Set aside.
4. In a small bowl, combine Italian dressing, mustard, parsley, garlic powder and pepper. Set aside.
5. Pour dressing mixture over potatoes and toss well. Carefully stir in bell peppers and onions.
6. Cover and chill until ready to serve.

Number of Servings: 6
 Prep Time: 20 minutes
 Total Time: 2 hours

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Nutrition Facts

Serving Size: 1 cup		
Servings: 6		
Amount Per Serving		
Calories 129	Calories from Fat 18	
	%Daily Value*	
Total Fat 2g		3%
Saturated Fat 0g		0%
Cholesterol 1mg		0%
Sodium 183mg		8%
Potassium 706mg		20%
Total Carbohydrate 25g		8%
Dietary Fiber 3g		12%
Protein 3g		6%
Vitamin A 3%	Vitamin C 72%	
Iron 6%	Calcium 2%	

*Percent Daily Values are based on a 2,000 calorie diet.

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