

Potato Green Bean Salad

Ingredients:

6 potatoes
 15 ounces green beans, canned
 1 small red onion
 3 tablespoons honey mustard
 2 tablespoons rice vinegar
 2 tablespoons vegetable oil
 Salt
 Freshly ground black pepper,
 to taste

Equipment:

Cutting board
 Knife
 Saucepan with lid
 Can opener
 Colander
 Large salad bowl
 Small mixing bowl
 Measuring cups
 Measuring spoons

Number of Servings: 4
 Prep Time: 20 minutes
 Total Time: 20 minutes

Directions

1. Wash potatoes, and cut into bite size chunks. Add to large saucepan.
2. Cover potatoes with cool water. Bring to boil over high heat.
3. Cover and reduce heat to medium, cook until potatoes are almost tender, about 15 minutes.
4. Meanwhile, open beans and pour into colander. Rinse under water to remove sodium.
5. While potatoes are cooking, cut the ends off of the onion, and peel off the papery layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces. Set aside.
6. Add beans to potatoes; cover and cook 3 to 4 minutes or until potato are just tender.
7. Drain thoroughly and cool 5 minutes. Cut potatoes into bite size pieces.
8. Add onion, potatoes and beans; toss gently to coat.
9. In a small bowl, make dressing by combining honey mustard, vinegar, and oil until thoroughly blended and smooth.
10. Serve warm or at room temperature.

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Nutrition Facts

Serving Size: 1 1/4 cups	
Servings: 4	
Amount Per Serving	
Calories 185	Calories from Fat 45
%Daily Value*	
Total Fat 5g	7%
Saturated Fat trace 1g	2%
Cholesterol 0mg	0%
Sodium 438mg	18%
Potassium 974mg	28%
Total Carbohydrate 34g	11%
Dietary Fiber 4g	18%
Protein 5g	10%
Vitamin A 7%	Vitamin C 58%
Iron 13%	Calcium 6%
*Percent Daily Values are based on a 2,000 calorie diet.	

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