

Cooking for Wellness

Sponsored by:





Red, White and Blue Potato Salad (Courtesy of Food Network Kitchen

Yield: 6 servings

Preparation time: 35 minutes

Ingre dients

2 pounds mixed bag baby red, purple, and Yukon potatoes. Halved

3 tablespoons white wine vinegar

Salt and Pepper

1 teaspoon Dijon mustard

¼ teaspoon sugar

1/4 cup olive oil

1 can hearts of Palm, sliced into thin strips

1 jar Roasted Red Pepper, drained and sliced into thin strips



Instructions

- 1. Put the potatoes in a medium pot and cover with cold water. Add 1 tablespoon of the vinegar and 1 tablespoon of salt to the water and bring to a boil.
- 2. Cook about 15 minutes until tender, drain well and cool.
- Whisk the remaining vinegar with the Dijon mustard, ½ teaspoon of salt, ¼ teaspoon black pepper and the sugar in a small bowl. Slowly pour olive oil in and whisk until combined.
- 4. Spread the potatoes in a single layer on a large serving plate and top with the pieces of hearts of palm and roasted red peppers. Drizzle with the dressing, top with scallions and finally season with salt and pepper.