Powered Up Potato Salad

Recipe via Health Magazine

Independence Day brings burgers, beers, and fireworks to mind. We love a potato salad, and a beautiful one is even better. Tricolor baby potatoes liven up this dish, and mustard seeds (often used in Indian cooking) add a crunchy texture and great flavor to this can’t-miss side.

Prep Time: 20 min
Cook Time: 10 min
Yield: Serves: 6 (serving size: 1 cup)

INGREDIENTS

¼ cup cider vinegar
2 tsp. sugar
¼ tsp. pepper
salt, to taste
2 tsp. yellow mustard seeds
2 cups diced red cabbage
1 bag (abt 24 oz.) tri colored potatoes, scrubbed and sliced
2 Tbs. safflower or canola oil
¼ cup minced chives

DIRECTIONS

1. In a bowl, stir vinegar, sugar, pepper and 1/2 tsp. salt until sugar dissolves. Stir in mustard seeds and cabbage.
2. Bring a pot of salted water to a boil. Add potatoes, return to a boil and cook until just tender, about 10 minutes.
3. Drain potatoes; let cool slightly. Fold into cabbage mixture with oil and chives. Serve warm or at room temperature.
NUTRITION

Serving size: about 1 cup
Calories: 145
Fat: 5g
Saturated fat: 0.0g
Monounsaturated fat: 0.0g
Polyunsaturated fat: 0.0g
Protein: 3g
Carbohydrate: 23g
Fiber: 2g
Cholesterol: 0.0mg
Iron: 1mg
Sodium per serving: 226mg
Calcium per serving: 33mg

GOOD TO KNOW

Purple potatoes are good for your heart and red potatoes are packed with fiber and vitamin C. This salad is a very low-calorie – just 145 calories – side dish for your summer barbecue.