



MEDITERRANEAN POTATO SALAD

For a quick and healthy taste of the Mediterranean, serve up this potato salad. A delicious twist on a summertime favorite!

- 1 1/2 lbs. red potatoes
(Any variety of potato may be used. If peeling, do so after cooking and cooling, but before tossing with remaining ingredients)
- 1 cup nonfat Greek plain yogurt
- 1/3 cup minced red onion
- 1/2 cup chopped cucumber
- 1/4 cup Kalamata olive wedges
- 1 tablespoon lemon juice
- 1/2 cup crumbled feta cheese
- 1/4 teaspoon sea salt
- Freshly ground pepper to taste
- Chopped fresh parsley and oregano, if desired

Place whole potatoes (do not poke) into microwave-safe dish. Cover dish. (If covering dish with plastic wrap, poke small hole in plastic.) Microwave on HIGH for 10 to 12 minutes depending on strength of microwave. Use oven mitts to remove dish from microwave; carefully remove cover from dish due to steam build-up and let cool. Cut potatoes into bite-size pieces and place in a large bowl with *remaining* ingredients; stir well to mix. May be served immediately, but for best results, refrigerate for at least one hour. **Serves 4.**

Nutritional analysis per serving with skins: Calories: 210, Fat: 2g, Saturated Fat: 0g, Trans Fat: 0g, Cholesterol: 0mg, Sodium: 450mg, Potassium: 690mg, Carbohydrates: 39g, Fiber: 3g, Sugar: 5g, Protein: 9g, Vitamin A: 4%, Vitamin C: 45%, Calcium: 8%, Iron: 4%



POTATOES
GOODNESS[®]
UNEARTHED

45% Daily Supply
of Vitamin C

Naturally
Fat Free

Full of Vitamins
and Minerals

**POPULAR POTATO DISHES ARE HEALTHY,
AFFORDABLE AND EASY TO PREPARE!**

Peel back the truth. You'll discover potatoes are one of the least expensive items in the produce department, and one of the most nutritious. In fact, in most supermarkets, you can still get potatoes for about 25 cents a spud.

And talk about potato appeal—At only 110 calories, America's favorite vegetable is packed with essential vitamins and minerals. One medium-size (5.3 ounce) skin-on potato boasts more potassium than a banana and almost half your daily value of vitamin C (45%), and absolutely no fat, sodium or cholesterol.

New recipes are sure to impress—and ready in 30 minutes or less. The United States Potato Board introduces four new potato salad recipes, and all can be found on www.potatogoodness.com:

- **Greek Potato Salad (see reverse side)**
- **Grilled Pesto Potato Salad**
- **Purple Potato Salad with Beets**
- **Quick & Healthy Baked Potato Salad**

UNEARTH A LITTLE POTATO GOODNESS TODAY!

United States Potato Board

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