



IDAHO

Potato, Cucumber and Dill Salad

4 Servings, 1 cup per serving

INGREDIENTS

- 3 large potatoes, unpeeled and thinly sliced (about 3 cups)
- ¼ cup plain rice wine vinegar
- 1½ tablespoons Dijon mustard
- ¼ cup canola or vegetable oil
- ½ cup chopped, fresh dill (or) 1 tablespoon dried, whole dill
- ½ teaspoon salt
- 1 large cucumber, unpeeled and thinly sliced, approx. 1½ cups

DIRECTIONS

1. Place potato slices in a 9-inch square microwave-safe baking dish; cover with microwaveable plastic wrap and microwave at HIGH 9 to 11 minutes, or until tender stirring gently every 3 minutes.
2. Combine vinegar, mustard, oil, dill and salt in a small jar. Cover tightly and shake vigorously. Pour vinegar mixture over potatoes. Cover and refrigerate until chilled. Gently mix in sliced cucumber before serving.

| NUTRITION ANALYSIS | (PER SERVING) |
|-------------------------------------|---------------|
| Calories | 289 |
| Total Fat | 14 g |
| Saturated Fat..... | 1 g |
| Trans Fat..... | 0 g |
| Polyunsaturated Fat | 4 g |
| Monounsaturated Fat | 9 g |
| Cholesterol..... | 0 mg |
| Sodium..... | 437 mg |
| Carbohydrates..... | 37 g |
| Fiber | 3 g |
| Sugars | 2 g |
| Protein | 5 g |
| Dietary Exchanges: 2½ starch, 2 fat | |

This recipe from the Idaho Potato Commission is an American Heart Association Heart-Check Certified Recipe

