

Market District Demo Recipes

Side Dish



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Herby Potato Salad

Serves: 6

Modified from: www.GreenKitchenStories.com

Items Needed: cutting board, chef knife, large pot, food processor, measuring cups, measuring spoons, colander, large mixing bowl, mixing spoons

Ingredients:

- 2 lbs. small new potatoes (1 kg)
- 2 apples, diced
- 3 celery stalks (save the top greens for the vinaigrette), finely diced
- 2 leaves kale, chard or spinach, chopped
- 1 can low sodium cooked chickpeas, rinsed

Coarse Herb Vinaigrette

- 3 Tablespoons pickled capers
- 2 spring onions or green onions
- 2 cups loosely packed herbs (a mix of chives, parsley, basil and top greens from celery)
- 2 Tablespoons white wine vinegar or apple cider vinegar
- 1/3 cup cold pressed oil
- 1/8 teaspoon salt
- 1/4 teaspoon pepper

Directions:

1. Put the potatoes in a large pot, cover them with water and bring the water to a boil.
2. Boil for 12-15 minutes until they are cooked through but not falling apart – just until you can easily pierce a sharp knife through the center. Drain and set aside to cool.
3. In a food processor, blitz capers and their brine, onions, basil, parsley, chives, celery greens, vinegar, lemon juice, oil, salt and pepper until you get a coarse vinaigrette.
4. Quarter the potatoes and collect them in a larger mixing bowl.
5. Pour the vinaigrette over the just-cooled potatoes and gently toss to coat. It will look like a lot of dressing, but the potatoes soak it up as they sit.

6. Stir celery, apples, kale and chickpeas into the potatoes. Taste for salt and pepper. Serve at room temperature.

Nutrition Information (per 1/6 of recipe):

Calories: 339 Fat: 14.5 g Carbs: 38 g Protein: 6 g Fiber: 9 g Sodium: 318 mg