

Potato, Egg and Green Bean Salad

NUMBER OF SERVINGS: 6

Ingredients

- Medium new potatoes, unpeeled and cut into quarters 12 (about 2 lb/1 kg)
- Fresh green beans, trimmed and cut into desired length 3 cups (750 mL)
- Olive oil 5 Tbsp (75 mL)
- Eggs, hard-boiled (cooked), peeled and chopped 6
- White wine vinegar 2 Tbsp (30 mL)
- Dijon mustard 1 tsp (5 mL)
- Garlic clove, minced 1 tsp (5 mL) or ½ tsp (2 mL) garlic paste
- Salt ¼ tsp (1.25 mL)
- Freshly ground pepper ⅛ tsp (0.5 mL)

Directions

1. In a large saucepan, cover potatoes with cold salted water and bring to a boil. Cook until tender, about 10 minutes, adding beans in the last 4 or 5 minutes of cooking. When vegetables are tender, drain. Place in a large bowl; toss with 2 Tbsp (30 mL) olive oil. Add eggs.
2. Combine remaining 3 Tbsp (45 mL) olive oil, vinegar, mustard, garlic, salt and pepper. Drizzle vinaigrette over vegetables and eggs; toss gently to combine. Adjust seasonings, if necessary.
3. Serve warm.



Over 90% of eggs sold at the grocery store come from a local Ontario egg farm.



Choline is found in egg yolk. Choline has been studied for its ability to maintain cognitive performance as we age.



Use a purchased vinaigrette (e.g. Italian, Sun-dried Tomato) instead of making your own.

NUTRITION PER SERVING

Calories 303 | Protein 10 g | Fat 16 g | Carbohydrates 29 g | Fibre 4 g | Sodium 190 mg

Salads



*Recipe
and photo
provided by:*