

Baby Red Potato & Green Bean Salad with Lemon Dijon-Dill Dressing

Prep Time: 10 minutes

Cook Time: 20-30 minutes

Total Time: 30-40 minutes

Servings: 4+

Serving Size: 1 cup arugula plus 1 ½ cups potato-bean salad

Ingredients:

1 pound baby red potatoes
1 pound green beans or haricots verts, ends trimmed
4 cups baby arugula*

Lemon Dijon-Dill Dressing:

Juice and zest of one lemon
1 clove garlic, minced
3 tablespoons extra virgin olive oil
1 teaspoon Dijon mustard
2 tablespoons fresh dill, chopped
1 tablespoon fresh parsley, chopped
½ teaspoon salt
½ teaspoon black pepper

Directions:

1. Wash and scrub your potatoes and then place them in a large pot with a colander or steam basket and 3 cups water. Turn heat to high, cover pot, and bring to a boil.
2. Turn heat down slightly and steam potatoes for 15-20 minutes or until ALMOST cooked through but still a little hard. This time will vary depending on the size of your baby reds.
3. Toss the green beans on top of the potatoes, cover and steam for an additional 5 minutes or until the beans are bright green and crisp tender.
4. While your potatoes and beans finish cooking, whisk together all the dressing ingredients in a large bowl and set aside.
5. Remove the potatoes and beans from heat and drain water.
6. If your baby reds are larger than bite size, I'd also recommend halving or quartering the potatoes before tossing them into the dressing. If they are the really small ones, you can leave them whole.
7. Pour the potatoes and beans into the large bowl with the dressing and mix until dressing is thoroughly incorporated.
8. Serve over a bed of arugula and enjoy!

Tips and Tricks:

*I love this salad over arugula but feel free to have it by itself or over another type of greens – like mixed greens or baby spinach.

This salad tastes great warm or cold. If you are planning on serving it cold, you can cook your beans and potatoes the day before and then bring to room temperature and toss with dressing just before serving.

Nutritional Information Per Serving:

Calories: 282.9
Fat: 7.1 g
Cholesterol: 0.0 mg
Sodium: 227.3 mg
Total Carbohydrate: 49.8g
Dietary Fiber: 6.1 g
Sugars: 5.6 g
Protein: 6.9 g