### Red Potato Salad

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
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<tbody>
<tr>
<td>6 medium red potatoes</td>
<td>cut into 1½ inch pieces</td>
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<tr>
<td>4 cups fresh green beans</td>
<td>cut into 1½ inch pieces</td>
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<tr>
<td>1 small red onion</td>
<td>chopped</td>
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<tr>
<td>1 red bell pepper, chopped</td>
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<tr>
<td>1 yellow bell pepper, chopped</td>
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<tr>
<td>1 cup chopped cherry tomatoes</td>
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<tr>
<td>½ cup mayonnaise</td>
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<tr>
<td>2 tablespoons red wine vinegar</td>
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<td></td>
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<tr>
<td>2 teaspoons fresh oregano</td>
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<tr>
<td>Salt and pepper</td>
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1. Wash vegetables in warm water.
2. Boil potatoes until tender and drain.
3. Boil green beans until tender crisp and drain.
4. Place the potatoes and green beans in a bowl.
5. Add chopped red onions, peppers and tomatoes.
6. In a small bowl, mix mayonnaise, red wine vinegar and chopped oregano.
7. Add to potato mixture and mix lightly.

Yield: 16, ½ cup servings

**Nutritional Analysis:**
- 140 calories
- 1.5 g fat
- 0 g saturated fat
- 0 mg cholesterol
- 35 mg sodium
- 26 g carbohydrate
- 6 g fiber
- 3 g sugar
- 5 g protein

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### Kentucky Potatoes

**SEASON:** Late June-October.

**NUTRITION FACTS:** Potatoes are a good source of vitamins B and C, potassium, and complex carbohydrates. They do not contain fat, cholesterol, or sodium. There is only 70 calories in a ½ cup serving of cooked potato. Most nutrients are located just below the skin, so avoid peeling when possible.

**SELECTION:** Select firm potatoes free from wrinkles, green spots, or bruises. New potatoes are immature potatoes of any variety. They are creamy, thin-skinned, and small enough to serve whole. New potatoes are best in dishes that call for boiled potatoes as they will hold their shape. For baking, frying, and mashing, choose drier varieties.

**STORAGE:** Potatoes should be kept in a cool, dark, well ventilated place. Do not store in the refrigerator.

**PREPARATION:** Potatoes should be thoroughly washed and scrubbed before cooking. Any sprouts or eyes should be cut out. Common methods of preparation include boiling, baking, microwaving, mashing, frying and grilling.

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Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)