



Red Potato Salad with Creamy Pesto Dressing

2 pounds new potatoes	½ cup prepared pesto	1 medium tomato, diced
2 large eggs	½ lemon, juice and zest	1 medium red onion, diced
¾ cup nonfat Greek yogurt, plain	Salt and pepper to taste	

Wash potatoes, **chop** into 1 inch cubes. In a saucepan, **boil** potatoes in salted water until just tender, about 10-15 minutes. **Drain** and **cool**. **Place** eggs in a small saucepan. **Cover** eggs by 1 inch cold water. Bring eggs to boil over high heat. **Remove** saucepan from burner and **cover**. Let eggs **stand** in the water for 12 minutes. **Drain**, run under cool water and **peel**. **Slice** eggs and set aside. In a small bowl, **whisk** yogurt, pesto,

lemon juice and zest. **Season** with salt and pepper. In a large bowl, **combine** potatoes, eggs, diced tomato and onion. Gently **stir in** yogurt mixture. **Chill** several hours and **serve**.

Yield: 6, ½ cup servings

Nutritional Analysis: 210 calories, 8 g fat, 1.5 g saturated fat, 0 g trans fat, 60 mg cholesterol, 290 mg sodium, 29 g carbohydrate, 3 g dietary fiber, 5 g sugars, 10 g protein.

Kentucky New Potatoes

SEASON: Late June–October.

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

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

PREPARATION: New potatoes are best in dishes that call for boiled potatoes, as they will hold their shape. Potatoes should be thoroughly washed and scrubbed before cooking. Any sprouts or eyes growing should be cut out. Common methods of preparation include boiling, baking, microwaving, mashing, frying and grilling.

KENTUCKY NEW POTATOES

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

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Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.
<http://plateitup.ca.uky.edu>



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