

# Light and Fresh Potato Salad

- **Yield:** 12 servings (serving size: 3/4 cup)

CookingLight

## Ingredients

- Dressing:
  - 1/4 cup seasoned rice vinegar
  - 2 tablespoons canola oil
  - 1/4 teaspoon salt
  - 1/8 teaspoon freshly ground black pepper
- Salad:
  - 5 cups cubed red potato (about 2 pounds)
  - 1/2 teaspoon salt
  - 1 cup chopped peeled cucumber
  - 3/4 cup sliced grape or cherry tomatoes
  - 3/4 cup chopped green bell pepper
  - 1/2 cup chopped orange bell pepper
  - 1/4 cup chopped green onions
  - 1 (2 1/4-ounce) can sliced ripe olives, drained



Photo by: Photo: Howard L. Puckett; Styling: Lydia Degaris-Pursell

## Preparation

1. To prepare dressing, combine first 4 ingredients in a large bowl; stir with a whisk.
2. To prepare salad, place potato and 1/2 teaspoon salt in a medium saucepan. Cover with water to 2 inches above potato; bring to a boil. Reduce heat, and simmer 8 minutes or until tender; drain.
3. Add potato to dressing in bowl, tossing gently to coat; let stand 15 minutes. Stir in cucumber and remaining ingredients; toss well. Cover and chill.

## Nutritional Information

### Amount per serving

- Calories 90
- Calories from fat 28 %
- Fat 2.8 g
- Sat fat 0.2 g
- Mono fat 1.6 g
- Poly fat 0.8 g
- Protein 1.8 g
- Carbohydrate 14.9 g
- Fiber 2 g
- Cholesterol 0.0 mg
- Iron 0.9 mg
- Sodium 295 mg
- Calcium 19 mg

Source: <http://www.myrecipes.com/recipe/light-fresh-potato-salad>