

Potato Salad with Vegetables (No mayonnaise)



Ingredients:

2 lbs. Red or Yukon Gold Potatoes, scrubbed and cut into $\frac{3}{4}$ inch cubes

$\frac{1}{2}$ lb. Green beans, de-stringed and cut on a bias in 1-inch pieces

Several ice cubes

1 – 2 bunch Radishes, thinly sliced (1 bunch) or cut into quarter radish wedges (2 bunches)

1 – 2 medium-sized Cucumbers, peeled (if skins are tough), de-seeded (optional) and cut into $\frac{1}{4}$ inch cubes

1 - pint Cherry or grape tomatoes, stemmed and halved

2 T. chopped parsley or 1 T. chiffonade (thin ribbons) of basil

Salt and black pepper

2 T pesto, either home-made or store bought (we used Growing Washington's arugula pesto)

Mustard Vinaigrette (recipe below)*

Optional: 2 oz. mixed baby greens, arugula, watercress or shredded romaine

Method:

Make the mustard vinaigrette.

Put potatoes in a pot with plenty of cold water and season with generous amount of salt (should taste salty like the ocean). Bring to a gentle boil and simmer until fork tender. Drain well and pat dry with a clean kitchen towel or paper towels. Place the potatoes in a single layer on a cookie / sheet and season with 2 T of the mustard vinaigrette and toss well. Cool on counter.

Wash the pot that the potatoes were cooked in and fill with water and bring to a boil. Add enough salt, again enough so the water tastes like the ocean. When the water comes to a gentle boil, briefly cook (blanch) the green beans until bright green and, there will be a bite without the vegetal flavor of raw beans. Drain and return the beans to the pot and fill with cold water and several ice cubes and "shock" the green beans to stop further cooking and to retain the color. When the beans have cooled, drain well and pat dry with a clean kitchen towel or paper towels.

When the green beans are dry, add them and the potatoes to a large bowl and toss together gently. Add the radishes, cucumbers, herbs, $\frac{1}{4}$ tsp ground black pepper and toss with the pesto and just enough (about $\frac{1}{4}$ cup) vinaigrette to barely coat. Mix gently so the potatoes don't break up too much. Taste and re-season with salt and additional vinaigrette as needed. Serve in a shallow bowl rimmed with optional greens, scatter the halved cherry tomatoes on top and serve. Tastes best if made the night before or the morning of serving.

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Mustard Vinaigrette

Ingredients:

1 T (scant) Dijon mustard
1 tsp minced garlic or minced shallot
¼ C. Apple cider vinegar
¼ C Organic Canola oil or other neutral vegetable oil
¼ C Olive oil
Salt and black Pepper
Optional – ¼ tsp dried thyme, Herbs de Provence, or dried chives
Leaf of lettuce

Method:

Place mustard, minced shallots / garlic, ½ tsp of salt and ¼ tsp black pepper in a bowl. Add the optional dried herbs and whisk together well. Whisk the canola oil in to the bowl drop by drop until emulsified. Add the olive oil in a slow, steady stream and whisk together well. Taste with a leaf of lettuce and adjust seasoning with additional salt and pepper.

* There will be more vinaigrette than needed. Place in a glass jar and hold at room temperature for up to two weeks. If the dressing separates, shake vigorously before using. Additional dressing can be used for garden salads, pasta salads and as a marinade for grilled chicken.