



Potato and Green Bean Salad

Makes 6 servings

From Jane Brody's Good Food Book

1 pound green beans, cut in 2" pieces
4 large potatoes
2 scallions, sliced

Dressing:

2 tablespoons olive oil
2 tablespoons white wine vinegar
1 large garlic clove, minced or crushed
1 small red onion, sliced into thin rings
½ teaspoon oregano
½ teaspoon salt if desired
1/8 teaspoon ground black pepper

- Steam or microwave beans until tender-crisp, and keep warm.
- Cook potatoes until just soft. Peel, cube and keep warm.
- Combine dressing ingredients in a jar. Shake dressing and pour over the vegetables. Toss salad gently to mix ingredients well.
- Cover the salad and chill for several hours or overnight.

Nutritional Information:

Calories: 154
Total fat: 5g
Saturated fat: 1g
Fiber: 5g
Protein: 4g
Sodium: 207mg