

Beet & Potato Salad

Ingredients

- 1 pound russet potatoes
- $\frac{1}{2}$ cup green peas, shelled
- $\frac{1}{2}$ small red onion, finely diced
- 1 large carrot, finely diced
- 3 beets, roasted
- 3 Tbsp fresh parsley, finely chopped
- $\frac{1}{4}$ cup mayonnaise
- 3 Tbsp extra virgin olive oil
- 2 Tbsp fresh lemon juice
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp black pepper

Directions

1. Cut potatoes into a $\frac{1}{2}$ -inch dice. Place in saucepan, cover with water. Cook on high heat, bringing to a rapid boil, stirring occasionally. Once the water boils, cook potatoes for 2-3 minutes longer. Remove from heat and drain into colander. Rinse gently with cold water to stop cooking.
2. Cut roasted beets into $\frac{1}{2}$ -inch dice. Chop remaining vegetables.
3. In a large bowl, whisk together the mayonnaise, olive oil, lemon juice, salt, and pepper.
4. Add the vegetables and cooked potatoes to the bowl. Gently fold to combine ingredients without breaking the potatoes.
5. Chill in the refrigerator for several hours before serving.

Handling & Storage

Cut the leaves off the beets, leaving about 1 inch stems. Store leaves in a plastic bag in the vegetable drawer for no more than 3 days. Use the leaves in salads.

Place the beets in a separate plastic bag. Store beets in the refrigerator for up to a week, or a little longer. To prepare, scrub beets with a brush, remove roots, then cut as desired.

Nutritional Information

Calories: 224

Total Fat: 10.6 g

Saturated Fat: 1.6 g

Cholesterol: 3 mg

Sodium: 321 mg

Total Carbohydrates: 30.5 g

Dietary Fiber: 5.1 g

Sugars: 7.7 g

Protein: 3.9 g

Serves 6