

Potatoes salad

SOURCE of proteins, iron, vitamin B12, fibres



Ingredients

About 1 lb	Baby potatoes, cut in half or ¼ wedges	About 500 g
1 can 18 oz	White beans, rinsed and drained	1 can 540 ml
1	Bell pepper, diced	1
2	Green onions, chopped	2
2 tbsp	Parsley, fresh, chopped	30 ml
2 tbsp	Oil	30 ml
2 tbsp	Mustard, Dijon	30 ml
1	Lemon zest and juice	1
To taste	Salt and pepper	To taste



Preparation

1. In a medium saucepan, place the potatoes and cover with cold water. Bring to a boil over high heat then reduce to medium heat and cook for 12 to 15 minutes or until the tip of a knife enters easily into the flesh of the potatoes. Drain and rinse with cold water to stop cooking.
2. Place all the other ingredients in a large bowl and mix.
3. Gently add the potatoes to coat with dressing. Serve immediately or cover and refrigerate.
4. Take out of the refrigerator about 30 minutes before serving to temper the salad.



Tips

1. Use legumes on hand: red kidney, lima, edamame, etc.
2. Use the type of oil you have on hand: olive, canola, vegetable, etc.
3. Use the vegetable you prefer: zucchini, broccoli, green, yellow, orange, etc.
4. Can be stored for up to 3 days in the refrigerator.

BALANCED FOOD PLATE

- Vegetables (salads, soups, etc.) ●
- Grain products and starches (rice, pasta, bread, etc.) ●
- Meat, milk and their alternatives (fish, legumes, cheese, etc.) ●



Adapted from: cuisinerefuteeparentspresses.telequebec.tv