

## Italian Potato Salad

Makes 8 servings



### Ingredients

- 3 tbsp of rice vinegar
- 3 tbsp of penut or canola oil
- 1 tsp of sesame oil
- ½ tsp of sugar
- ½ tsp of dried oregano
- ¼ tsp of sea salt
- 1 slice of ginger
- 3 lbs of red potatoes
- 1 tsp of sea salt
- 1 tbsp of white wine vinegar
- ½ cup of red onion - finely chopped
- ¾ cup of kalamata olives
- pepper to taste
- 28 oz of artichoke hearts - drained
- ½ cup of parsley

### Directions

- ☞ Wisk the first 7 ingredients in a small bowl and set aside
- ☞ Cut the potatoes into uniform size - halves or quarters.
- ☞ Steam them over water to which you've added the salt and vinegar, until tender but not mushy. Approximately 10 - 15 minutes
- ☞ Cool the potatoes until they can be handled
- ☞ Peel and dice them into a large bowl.
- ☞ Toss with the chopped onion, ½ cup of the vinaigrette, oregano, and pepper to taste.
- ☞ Cut the artichokes in half, and gently stir them into the salad.
- ☞ Chill.
- ☞ When ready to serve, toss the salad again, adding 1/4 cup or more of the remaining vinaigrette and the parsley.

### Nutrients (approximately)

204 Calories per serving,  
Fat 8.6g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 236.1mg,  
Carbohydrates 28.3g, Fiber 3.4g, Sugars 0.3g, Protein 4.8g

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