



IDAHO

Potato, Cucumber and Dill Salad

4 Servings, 1 cup per serving

INGREDIENTS

- 3 large potatoes, unpeeled and thinly sliced (about 3 cups)
- ¼ cup plain rice wine vinegar
- 1½ tablespoons Dijon mustard
- ¼ cup canola or vegetable oil
- ½ cup chopped, fresh dill (or) 1 tablespoon dried, whole dill
- ½ teaspoon salt
- 1 large cucumber, unpeeled and thinly sliced, approx. 1½ cups

DIRECTIONS

1. Place potato slices in a 9-inch square microwave-safe baking dish; cover with microwaveable plastic wrap and microwave at HIGH 9 to 11 minutes, or until tender stirring gently every 3 minutes.
2. Combine vinegar, mustard, oil, dill and salt in a small jar. Cover tightly and shake vigorously. Pour vinegar mixture over potatoes. Cover and refrigerate until chilled. Gently mix in sliced cucumber before serving.

NUTRITION ANALYSIS (PER SERVING)	
Calories	289
Total Fat	14 g
Saturated Fat	1 g
Trans Fat	0 g
Polyunsaturated Fat	4 g
Monounsaturated Fat	9 g
Cholesterol	0 mg
Sodium	437 mg
Carbohydrates	37 g
Fiber	3 g
Sugars	2 g
Protein	5 g
Dietary Exchanges: 2½ starch, 2 fat	

This recipe from the Idaho Potato Commission
is an American Heart Association Heart-Check Certified Recipe

