

# Mediterranean Potato Salad

Serves 5-6



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE

## Ingredients

- 2 pounds red or new potatoes, scrubbed, cut into 1-inch cubes
- ½ pounds green beans, trimmed and cut into 1-inch pieces
- 2 red bell peppers, thinly sliced
- ½ cup green and/or kalamata olives, minced (optional)
- ¼ cup red onion, minced
- Handful baby arugula

## For Dressing

- 3 Tbsp extra virgin olive oil
- 3 Tbsp red wine vinegar
- 1 Tbsp whole grain mustard
- ½ tsp dried oregano
- ¼ tsp salt

## Directions

1. Place potatoes in a saucepan and cover with cold water by 2 inches. Stir in 1 teaspoon of salt. Bring to a boil over medium-high heat. Once boiling, reduce heat to a simmer. Do not cover. Begin checking potatoes after 5 minutes of boiling. Potatoes should be done after 5-15 minutes of boiling. Potatoes are tender and done when a fork or knife slides all the way through without resistance. Drain.
2. While potatoes are boiling, bring another pot of water to a rolling boil. Add green beans and blanch 2-3 minutes for thin beans or 4-5 minutes for regular green beans. Once tender and bright green, drain and place in a bowl of ice water to stop the cooking.
3. While potatoes and green beans are boiling, combine the olive oil, red wine vinegar, mustard, oregano, and ¼ teaspoon salt in a small bowl to make the dressing.
4. Pour the dressing over potatoes once drained, then add bell pepper, red onion, green beans, and olives and toss. Let marinate until ready to serve. Add arugula and toss when ready to serve. This recipe will last several days in the refrigerator.

## Notes

This salad can be made ahead. The flavor will be more developed after 1-2 days.

Recipe from Cook Well Berkeley: Potlucks, Parties, & Picnics, Spring 2015