



Visiting Nurse Association  
of Northern New Jersey

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## Veggie Potato Salad

Makes 7 1/2 cups (serving size 3/4 cup). Recipe Simply Recipes\*

### Ingredients

2 1/2 pounds baby red potatoes, cut into quarters  
2 tablespoons apple cider vinegar  
1 tablespoon olive oil  
1/2 cup whole buttermilk  
1/4 cup reduced-fat sour cream  
1/4 cup reduced-fat mayonnaise with olive oil  
1 tablespoon Dijon mustard  
2 carrots, grated  
1/2 cup chopped celery  
1/2 cup sliced radishes  
1/2 cup steamed, cut fresh green beans  
1/4 cup finely chopped fresh parsley  
1 tablespoon lemon zest  
Sea salt and freshly ground pepper to taste

### Nutritional info per serving

Calories:	176
Total fat:	6g
Cholesterol:	9mg
Sodium:	158mg
Total Carbs:	28g
Dietary Fiber:	4g
Protein:	4g

### 1. Directions

- Bring potatoes and salted water to cover to a boil in a large saucepan; reduce heat, and simmer 7 to 10 minutes or until tender. Drain.
- Place potatoes in a large bowl; sprinkle with vinegar and oil, and toss gently. Cool completely (about 1 hour).
- Whisk together buttermilk and next 3 ingredients.
- Stir in carrots and next 6 ingredients; season with salt and pepper to taste.
- Spoon buttermilk mixture over potato mixture; toss gently to coat. Cover and chill from 1 up to 24 hours before serving.

\* Photo does not accurately represent recipe.