

Down on the Farm Potato Salad

What You'll Need

Dressing:

- 3 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 tablespoon Dijon mustard
- 1/2 tablespoon vinegar
- 1/4 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/2 teaspoon celery seeds

Potato salad:

- 1 1/2 pounds potatoes with skin on, diced into small pieces (about 1 inch)
- 1 cup broccoli florets, chopped into small pieces
- 1 cup frozen peas, thawed and drained
- 1/4 cup diced red bell pepper
- 1/4 cup diced celery
- 1/4 cup canned corn, drained
- 1/4 cup chopped green onions

Serves 8 (About 1-cup servings)

Let's Cook!

- 1 For the dressing, combine all of the ingredients, and mix together with a whisk. Store in refrigerator.
- 2 Place potatoes in a pan and cover with water. On high heat, bring potatoes to a boil, and then simmer for 10 minutes or until potatoes are soft.
- 3 Drain potatoes.
- 4 Combine potatoes, peas, broccoli, peppers, celery, corn and green onions in a large bowl.
- 5 Mix dressing, pour over salad and mix gently.

Nutrition Facts

Serving Size (135g)	
Servings Per Container 8	
Amount Per Serving	
Calories 100	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 3g	
Vitamin A 10%	Vitamin C 40%
Calcium 2%	Iron 6%



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Side Dishes

Hot Potato!

Potatoes are a family favorite — kids and adults enjoy their flavor and the variety of ways they can be prepared. While potatoes are a vegetable, they should be eaten in moderation, like most foods. Here are some popular potato preparations and the calories and fat they contain.

Potato Dish	Serving Size	Calories	Fat
French fries (Burger King®)	medium	387	20g
Oven-baked fries 1.5 lbs sliced potatoes mixed with 1 tbsp. oil, serves 4	1 serving	160	3.5g
Plain baked potato	1 medium (the size of a computer mouse)	188	less than 1g
Plain baked sweet potato	1 medium (the length of a stapler)	112	less than 1g
Mashed potatoes with whole milk and margarine	1/2 cup	119	4.4g
	3/4 cup	178	6.6g

Tantalizing tater-toppers!

Choose from this list of delicious toppings to make a baked potato or baked sweet potato into a delicious and nutritious meal, side dish or snack:

- » vegetarian chili
- » stewed tomatoes
- » sautéed greens
- » salsa
- » steamed broccoli
- » low-fat or non-fat yogurt and chopped chives
- » low fat cheese

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