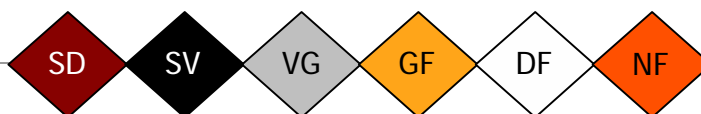


Trio of Red, White & Blue Potato Salads

(*see dietary notes)

Recipe by: Chef Kelly Yorke



Ingredients:

BASE DRESSING: (separated into three medium-sized bowls)

- 3.75 oz. Greek Yogurt, plain (about 7 – 1/2 Tablespoons)
- 3.75 oz. Low Fat Mayonnaise
- 3/16 tsp. Salt (about 3 pinches)
- 3/4 tsp. Onion powder
- 3/4 tsp. Garlic powder

RED CHILI POTATO SALAD (Mix In Bowl #1):

- 6 oz. New Red Potatoes, diced and boiled
- 1 Tbsp. Red Chili Powder, mild (mild Chile Rojo powder)
- 1/2 cup Salsa (any purchased brand of your choice, or homemade)
- 1/2 cup Red Grape tomatoes, halved (about 2 ounces or 15 grape tomatoes)
- 1 Tbsp. Red onion, minced
- 1/4 cup Red beans, canned, rinsed and drained

WHITE POTATO SALAD WITH CUMIN SEED (Mix In Bowl #2):

- 6 oz. Russet (or Idaho) potatoes, diced and baked
- 1 cup Cauliflower flowerets, (about 4 ounces) diced and baked
- 1 Tbsp. Cumin Seed
- 1 tsp. Avocado oil
- 2 Tbsp. Onion, white or yellow, minced

BLUE POTATO SALAD WITH FLAX SEED: (Mix In Bowl #3)

- 6 oz. Purple potatoes, diced and boiled
- 1/2 cup Purple beets, peeled, diced and boiled
- 1 Tbsp. Red Wine Vinegar
- 1/2 cup Red cabbage, shredded and diced
- 2 Tbsp Red onion, minced
- 1 Tbsp Flax Seeds

Directions:

1. Preheat oven to 425° F.
2. **BASE DRESSING:** In one of three medium-sized bowls, combine the base dressing ingredients and mix until well blended. Separate the dressing into thirds placing 1/3 in each of the three bowls.
3. **RED POTATO SALAD:** Cut red potatoes, without removing the skin, into 1/4-inch small cubes. Place cubes in a small saucepot, cover potatoes with cold water and then bring to a boil. Reduce heat and boil gently until cubes are tender – about 8 minutes. Remove from heat, drain and set potatoes aside. In one of the three dressing bowls, combine the drained red potatoes and the remaining red potato salad ingredients. Toss all together gently until evenly combined. Chill salad until ready to serve.
4. **WHITE POTATO SALAD:** Peel and cut Russet potatoes into 1/4-inch small cubes. Cut cauliflower florets into small dice (about 1/4-inch in size). Place potato and cauliflower cubes in a clean medium-sized bowl. Add cumin seed. Drizzle mixture with avocado oil and then toss mixture to coat evenly. Pour mixture from the bowl onto a non-stick foil-lined cookie sheet or a foil-lined cookie sheet that has been sprayed with vegetable cooking spray. Place cookie sheet in preheated oven and bake until potatoes are tender, about 20 minutes. Remove from oven. Add baked potato, cauliflower and cumin seed mixture and the minced onions to the second of three dressing bowls. Toss all together until evenly combined. Chill salad until ready to serve.

5. **BLUE POTATO SALAD:** Cut potatoes, without removing the skin, into 1/4-inch small cubes. Peel and cut beets into 1/4-inch small cubes. Place potato and beet cubes in a small saucepot with about 1 cup of water and the red wine vinegar. Bring mixture to a boil and then reduce heat to a slow boil and cook until tender – about 12-15 minutes. Remove from heat, drain, and set potatoes aside. In the third of the three dressing bowls combine the boiled potato and beet mixture, diced red cabbage, minced red onion and flax seeds. Toss all together gently until evenly combined. Chill salad until ready to serve.
6. **PRESENTATION SUGGESTIONS:** Spoon about 1 ounce each of red, white and blue potato salads into a small timbale mold, or use a 6-ounce tomato paste can that has been opened on each end with a can opener and the contents removed. Clean and dry the can and then spray it with vegetable cooking spray. Use one of the cut off ends as a plunger to help push the layered salads out of the can and onto serving plates. Repeat process for each plate or serving. If desired, garnish plates by spooning drops or a stream of salsa around the outside perimeter of each timbale. Use a squirt bottle to pipe out a line or squiggle of plain Greek yogurt over the salsa. Sprinkle with roasted or chili-dusted pepitas (hulled pumpkin seeds). Top each timbale with julienned radicchio leaves or artisan lettuce that has been tossed in a light dressing of avocado oil and lime juice. Alternatively, salads can be served in separate serving bowls placed next to each other (or) place salads into a three chamber serving dish or platter. Garnish with patriotic props or decorations.

YIELD: 12 Servings

*Dietary Notes:

- To make Vegan (SV) and Dairy-free (DF), omit Greek yogurt and replace with soy yogurt. Omit low fat mayonnaise and replace with Vegemaise® or other brand of Vegan mayonnaise substitute.

Per Serving of Timbale filled with Trio of Salads: 91 Calories, 16g Carbohydrates, 2g Fat, 4g Protein, 3g Dietary Fiber, 1mg Cholesterol, 195mg Sodium

Per Serving of Traditional Potato Salad Recipe: 128 Calories, 14g Carbohydrates, 8g Fat, 2g Protein, 1g Dietary Fiber, 3mg Cholesterol, 243mg Sodium