

food, i love you!

Not Your Grandma's Potato Salad

Serves 6-8

You grew up feasting on Grandma's potato salad, and every visit to her house guaranteed spoonfuls of the creamy, mayonnaise-rich side dish. You could've died and gone to Heaven with the stuff - that is, until unsightly humps and lumps appeared near your rear and you swore off it forever. Our Not Your Grandma's Potato Salad is a modern twist on the retro side dish, no mayo required. Now go, make Grandma proud and indulge yourself with a second helping!

Ingredients:

Salad:

2 lbs. red potatoes
¼ C. green onion, sliced
½ C. red bell pepper, diced
2 sprigs rosemary, de-sprigged
¼ C. sliced almonds (toasted)

Dressing:

3 Tbsp. red wine vinegar
1 Tbsp. spicy Dijon mustard
1 Tbsp. Worcestershire
1 Tbsp. shredded Parmesan
salt & pepper to taste

FOOD THAT LOVES YOU, TOO:

Starchy potatoes get a bad rap. The culprit isn't the potato itself but the added fat, grease and frying. Be sure to eat the skins of your red potatoes to increase your body's ability to ward off free radicals, cardiovascular disease, lower blood pressure and more. They're a great source of potassium and Vitamin C.

Bring water to a boil in large stockpot. Quarter potatoes, keeping pieces as uniform in size as possible. Transfer into boiling water, reducing heat to Medium until potatoes are cooked through, about 15 minutes. Drain and set aside to cool.

Toast sliced almonds in a pan until a nice golden color is achieved. Remove from heat and set aside.

Once potatoes have cooled, transfer them to a large mixing bowl and add green onion, red bell pepper and rosemary. In a small mixing bowl, thoroughly whisk olive oil, vinegar, mustard, Worcestershire, cheese salt and pepper until combined. Pour dressing over potatoes and veggies and toss gently to coat, using a soft spatula so as not to break the potatoes. Served chilled, topped with almonds and sprinkled with a bit more cheese, salt and pepper.

Just you and your honey for a romantic evening? Quarter the recipe.

