



Regal, Lakeside, and ADOC Medical Groups present: **Green Bean and Potato Salad**

Want to add a healthy twist to your usual potato salad? Enjoy this green bean and potato salad recipe that is served with Dijon mustard and balsamic vinaigrette.

Here are some healthy advantages to adding this blend to your diet:

Potatoes

(1 medium-sized potato with skin)

More potassium than a banana.

Potassium helps to promote heart health. Studies have shown that diets rich in potassium and low in sodium reduce the risk of hypertension and stroke.

Loaded with fiber.

Fiber helps lower the total amount of cholesterol in the blood to help decrease your risk of heart disease.

Good for bone health.

The iron, phosphorous, calcium, magnesium, and zinc in potatoes all help the body to build and maintain bone structure and strength.

Green Beans

They are full of nutrients.

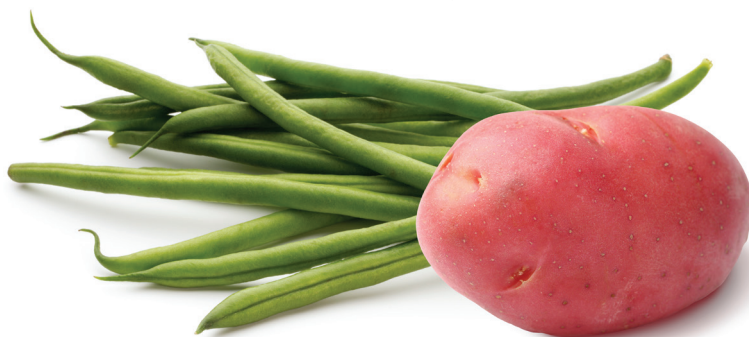
They are a good source of fiber, potassium, and folate, and are an excellent source of protein, iron, and zinc.

Help to fight cancer and diabetes.

They contain anti-oxidants similar to those found in green tea, also known as catechins, which can improve heart health and help prevent cancer and manage/prevent diabetes.

Helps with vision and eye care.

Some carotenoids found in green beans can prevent macular degeneration, which is a decrease in vision and eye function.



Green Bean and Potato Salad Recipe

Prep Time: 15 minutes

Cook: 30 minutes

Ready in: 45 minutes

Ingredients

- $\frac{3}{4}$ pound fresh green beans, trimmed and snapped
- 1 $\frac{1}{2}$ pounds of red potatoes, washed
- $\frac{1}{4}$ cup chopped fresh basil
- 1 small red onion, chopped
- Salt and pepper to taste
- $\frac{1}{4}$ cup balsamic vinegar
- 2 tablespoons Dijon mustard
- 2 tablespoons fresh lemon juice
- 1 clove garlic, minced
- 1 dash Worcestershire sauce
- $\frac{1}{2}$ cup extra virgin olive oil

Instructions

1. Place the potatoes in a large pot, and fill with about 1 inch of water.
2. Bring to a boil and cook for about 15 minutes, or until potatoes are tender.
3. Throw in the green beans to steam after the first 10 minutes.
4. Drain, cool, and cut potatoes into quarters.
5. Transfer to a large bowl, and toss with fresh basil, red onion, salt and pepper. Set aside.
6. In a medium bowl, whisk together the balsamic vinegar, mustard, lemon juice, garlic, Worcestershire sauce, and olive oil.
7. Pour over the salad and stir to coat.
8. Taste and season with additional salt and pepper, if needed.



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Source: Recipe can be found on www.allrecipes.com