

build a better **POTATO SALAD**

Who says this picnic favorite has to be laden with fat? Try our lighter, brighter version with antioxidant-rich potatoes and red cabbage.

Recipe developed by **GENEVIEVE KO**



For a neat shape, slice potatoes before simmering.

145
calories
per serving

Skip the potatoes and you have a delicious, simple slaw.

Powered-Up Potato Salad

Prep: 20 minutes
Cook: 10 minutes
Serves: 6

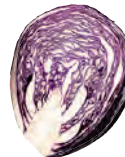
- ¼ cup cider vinegar
- 2 tsp. sugar
- ¼ tsp. pepper
- Salt
- 2 tsp. yellow mustard seeds
- 2 cups diced red cabbage
- 1 bag (about 24 oz.) tricolor baby potatoes, scrubbed and sliced
- 2 Tbsp. safflower or canola oil
- ¼ cup minced chives

WHAT MAKES IT GREAT



mustard seeds

They pack cancer-fighting compounds, plus a pop of fat-free flavor.



red cabbage

The pigment that gives this veggie its bold hue might also improve brain function.



chives

These herbs have a fresher, milder flavor than onions and serve up vitamins A and C.



purple potatoes

They're a heart helper, per a University of Scranton study that found eating these spuds can reduce blood pressure.



safflower oil

It has a neutral flavor like other vegetable oils and works to lower cholesterol levels.

- 1** In a bowl, stir vinegar, sugar, pepper and ½ tsp. salt until sugar dissolves. Stir in mustard seeds and cabbage.
- 2** Bring a pot of salted water to a boil. Add potatoes, return to a boil and cook until just tender, about 10 minutes.
- 3** Drain potatoes; let cool slightly. Fold into cabbage mixture with oil and chives. Serve warm or at room temperature.

SERVING SIZE: 1 cup

145 Calories, 5g Fat (0g Sat.), 0mg Chol., 2g Fiber, 3g Pro., 23g Carb., 226mg Sod., 4g Sugar, 1mg Iron, 33mg Calcium