

Lightened-up Potato Salad

Salad Ingredients:

2 lbs small new potatoes
1 lb asparagus, bottom ends trimmed
2 cups sugar snap peas or green beans
4 small radishes thinly sliced
½ bunch green onions sliced thin

Mustard Vinaigrette:

¼ cup oil
2 Tbsp. whole grain mustard
2 tsp smooth Dijon mustard
2 Tbsp. white wine vinegar
Salt and freshly ground pepper to taste

Preparation:

Place cleaned potatoes in a medium saucepan with water about 1 inch above potatoes. Boil and cook potatoes for about 15 minutes or until potatoes are easily pierced with a fork. Drain; run cold water over potatoes until cooled.

Fill a medium sauce pan with water: salt and bring to a boil. Add asparagus. One minute later add peas or green beans. Cook 2 more minutes; blanch in ice bath. Drain vegetables; spread on clean towels to dry. Meanwhile whisk all vinaigrette ingredients together until blended and smooth.

Cut cooled potatoes, asparagus and peas or beans into one-half inch long segments. Combine and add radishes and green onions. Toss with vinaigrette up to an hour before serving. Season with salt and pepper. Refrigerate any leftovers. Serves 6 to 8.