

Potato, Green Bean and Spinach Salad

By **Martha Rose Shulman**

Time About 30 minutes

Rating ★ ★ ★ ★ ★ (210)



Andrew Scrivani for The New York Times

Sometimes salads can be comforting, especially when warm potatoes are part of the mix. This is a particularly healthy combination whose three components bring together a great deal of vitamin C, vitamin K, potassium, folate, manganese, potassium, iron and vitamin A.

INGREDIENTS

Yield: Serves four as a main dish or six as a side dish

1 pound waxy potatoes, cut in 1-inch dice

2 tablespoons finely minced red onion, soaked for five minutes in cold water, then drained, rinsed, and drained on paper towels

2 tablespoons sherry vinegar

1 tablespoon freshly squeezed lemon juice

Salt to taste

1 small garlic clove, green shoot removed, minced or pureed

1 teaspoon Dijon mustard

½ cup extra virgin olive oil

3 tablespoons plain low-fat yogurt

Freshly ground pepper to taste

2 tablespoons finely chopped fresh herbs, such as parsley, tarragon,

PREPARATION

Step 1

Steam the potatoes above 1 inch boiling water for 10 minutes or until tender. Meanwhile, whisk together the vinegar, lemon juice, salt, garlic, Dijon mustard, olive oil and yogurt.

Step 2

When the potatoes are tender, remove from the heat and toss at once with ¼ cup of the dressing, the onion, herbs, and salt and pepper to taste.

Step 3

Add the green beans to the steamer pot, and steam for five minutes. Remove from the heat, refresh briefly with cold water, drain well and toss with the potatoes, 2 more tablespoons of the dressing and the feta. In a separate bowl, toss the spinach with the remaining dressing. Top with the potatoes and beans, and serve.

Tip

Advance preparation: You can prepare everything several hours ahead. Reverse the order of preparation if you want the potatoes to be warm, steaming them at the last minute. Martha Rose Shulman can be reached at martha-rose-shulman.com.

chives, chervil or dill

6 ounces green beans, trimmed and
broken in half

2 ounces feta cheese, crumbled

1 6-ounce bag baby spinach

Private Notes

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