

Fresh Potato Bean Salad

Recipe by: Skylar McCallum

Ingredients:

Salad:

1.5 lbs of potatoes, cubed
8oz trimmed green beans
2 eggs
Salt and pepper to taste

Dressing:

1/4 cup olive oil
1 tbsp lemon juice
2 tsp Dijon mustard
1/4 cup your choice of fresh herbs, chopped (optional)
1 clove garlic, minced
Salt and pepper to taste

Directions:

1. Add the eggs to a small pot and cover with water
2. Bring water and eggs to a boil over high heat
3. Once the water begins to boil, reduce heat, cook eggs for 7 minutes at a soft boil
4. Drain the eggs and rinse with cold water
5. Add cubed potatoes to a pot and cover with water
6. Cook potatoes over medium-high heat for 10 minutes
7. Add green beans to the pot
8. Cook for an additional 5 minutes until potatoes and beans are tender
9. Drain and rinse thoroughly with cold water
10. Peel and slice the eggs once they are cool
11. Mix all salad ingredients in a bowl
12. Stir together all dressing ingredients and toss it with the salad
13. Serve immediately or chill in the refrigerator

Green beans are one of the most nutritional vegetables to eat and are proven to provide many health benefits such as increasing energy & eyesight, promoting bone & heart health and much more!