

Idiot's Kitchen Recipe – Provençal Potato Salad

Recipe from www.idiotskitchen.com



Ingredients:

1 ½ pounds small boiling potatoes
½ pound fresh green beans, cut into 1 inch lengths
2 green onions, chopped
½ pint cherry tomatoes, halved
1 Tablespoon fresh lemon juice – ½ a lemon
1 teaspoon Dijon mustard
1 Tablespoon Whole Grain Mustard
½ cup (slightly less) Light Olive Oil or Salad Oil (not extra virgin)
Salt & Pepper

Cut the skin on, small boiling potatoes into quarters and cook them in a large pot of boiling water for 10 to 12 minutes until tender but not falling apart. Remove the cooked potatoes to a large mixing bowl but keep the pot of boiling water.

Add 1 teaspoon of salt to the boiling water and drop in the green beans. Blanch the beans quickly – only about 3 minutes – so that they start to become tender but still crisp. Remove the green beans to a bowl of ice water to “shock” them to stop the cooking and lock in the vibrant green color.

Add 2 chopped green onions (both green and white parts) to the potatoes. Season with 1 teaspoon salt and pepper. Drain the cooled, shocked green beans and add them and the halved tomatoes to the bowl.

For the dressing, juice ½ a lemon into a measuring cup. Add 1 teaspoon of Dijon Mustard and 1 Tablespoon Whole Grain Mustard. Add light olive oil to the ½ cup mark on the measuring cup. Season with salt and pepper and whisk to combine.

Pour about 2/3 of the dressing over the salad and mix thoroughly to combine. Add more dressing as needed but only to the point where the vegetables are coated.

Cover and allow the salad to sit for 30 minutes for the flavors to combine. Serve at room temperature.