

RED, WHITE, & BLUE ROASTED POTATO SALAD

Serving Size: 1/2 cup

Ingredients

- 1 lb red potatoes, washed & halved or quartered, depending on size
- 1 lb purple potatoes, washed & halved or quartered, depending on size
- ¼ cup fresh lemon juice
- 3 Tablespoons olive oil, divided
- ½ teaspoon table or fine sea salt
- ¼ teaspoon ground black pepper
- 3 eggs, hard-boiled & chopped small (see our Hard-boiled Eggs 101 recipe & video)
- 4 scallions, washed & thinly sliced



Nutrition Facts	
servings per container	
Serving size	1/2 cup (204g)
Amount per serving	
Calories	220
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 95mg	31%
Sodium 240mg	10%
Total Carbohydrate 29g	10%
Dietary Fiber 3g	10%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0.6mcg	4%
Calcium 30mg	2%
Iron 2mg	10%
Potassium 790mg	15%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Red Potatoes, Purple Potatoes, Hard Boiled Eggs, Fresh Lemon Juice, Scallions, Extra Virgin Olive Oil, Salt, Ground Black Pepper

Scan to find more recipes on our YouTube channel!



Preparation



follow us! @thenutritionclub_of_chp

- Preheat oven to 425°F & prep all ingredients as indicated above.
- Place cut potatoes on a baking sheet. Drizzle with 1 tablespoon of olive oil & roast for about 15 minutes. Remove from oven & use a spatula to flip potatoes; then return to oven to cook for an additional 10 minutes, until fork tender. Let cool to room temperature & transfer to a large bowl.
- While potatoes are roasting, prepare the vinaigrette: Whisk together lemon juice, remaining olive oil, salt, & pepper.
- Add hard-boiled egg pieces to bowl with potatoes, drizzle vinaigrette over the top, & toss.
- Top with scallions.
- Enjoy!

ENSALADA DE PAPAS ASADAS ROJAS, BLANCAS Y AZULES



Tamaño de la porción: 1/2 taza

Ingredientes

- 1 libra de papas rojas, lavadas y cortadas por la mitad o cortadas en cuartos, dependiendo del tamaño
- 1 libra de papas moradas, lavadas y cortadas por la mitad o cortadas en cuartos, dependiendo del tamaño
- 1/4 taza de jugo de limón fresco
- 3 cucharadas de aceite de oliva, dividido
- 1/2 cucharadita de mesa o sal marina fina
- 1/4 cucharadita de pimienta negra molida
- 3 huevos, duros y picados pequeños (vea nuestra receta y video de Huevos duros 101)
- 4 cebolletas, lavadas y cortadas en rodajas finas



Nutrition Facts	
servings per container	
Serving size	1/2 cup (204g)
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 95mg	31%
Sodium 240mg	10%
Total Carbohydrate 29g	10%
Dietary Fiber 3g	10%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0.6mcg	4%
Calcium 30mg	2%
Iron 2mg	10%
Potassium 790mg	15%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Red Potatoes, Purple Potatoes, Hard Boiled Eggs, Fresh Lemon Juice, Scallions, Extra Virgin Olive Oil, Salt, Ground Black Pepper

¡Escanea para encontrar más recetas en nuestro canal de YouTube!



Preparación



¡Síguenos! @thenutritionclub_of_chp

- Precaliente el horno a 425 ° F y prepare todos los ingredientes como se indicó anteriormente.
- Coloque las papas cortadas en una bandeja para hornear. Rocíe con 1 cucharada de aceite de oliva y asar durante unos 15 minutos. Retire del horno y use una espátula para voltear las papas; Luego regrese al horno para cocinar durante 10 minutos adicionales, hasta que el tenedor esté tierno. Deje enfriar a temperatura ambiente y transfíralo a un tazón grande.
- Mientras las papas se asan, prepare la vinagreta: mezcle el jugo de limón, el aceite de oliva restante, la sal y la pimienta.
- Agregue trozos de huevo duro al tazón con papas, rocíe vinagreta por encima y mezcle.
- Cubre con cebolletas.
- ¡Disfrutar!