

# Cilantro Lime Potato Salad

## Ingredients:

Makes: 4 servings, ½ cup potato salad per serving

- 1 pound red potatoes
- 1/3 cup olive oil
- 4 garlic cloves, minced
- 1/2 bunch cilantro, chopped
- 1 tablespoon lime juice, freshly squeezed
- 1/4 teaspoon garlic salt
- pepper



Recipe and photo taken from: <https://juliasalbum.com/cilantro-lime-potato-salad/>

## Method:

1. Bring a large pot of water to boil. Add potatoes and boil until potatoes are cooked: soft and tender, about 15-20 minutes. Make sure to boil potatoes so that they are not too soft and don't fall apart.
2. In the mean time, in the small bowl, combine olive oil, minced garlic, chopped cilantro, and lime juice. Mix well.
3. When potatoes are cooked, drain the water and let the potatoes cool down a bit (or, rinse them quickly under cold water). Cut cooked and slightly cooled potatoes into 1 inch chunks. Place in a medium bowl, add 1/4 teaspoon garlic salt and carefully mix. Pour the cilantro-lime sauce, and carefully mix. Taste, add more garlic salt (maybe 1/8 teaspoon more), pepper, and lime juice if desired.

## Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1/2 Cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>210</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 10g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	<b>6%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 23mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 517mg	<b>10%</b>

\*The % Daily Value (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.

## Tips on Potato

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### How To Store:

Store in a cool, dark place in the pantry, away from onions



### How To Use:

Can be cooked by itself or mixed with other vegetables and herbs in different ways, baked, mashed, poached and roasted



### Health Benefits:

White phytochemicals

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