

St. Paddie's Potato Salad

Adapted from a recipe featured in the May 1996 issue of Bon Appetit.

Yield: 10 servings

Ingredients:

2 pounds red potatoes, unpeeled and cut into ½-inch pieces
¼ cup sweet pickle relish
2 tablespoons distilled white vinegar
5 tablespoons mayonnaise
1 tablespoon ground horseradish
1 teaspoon caraway seeds
salt and freshly ground black pepper to taste
1 cup diced cooked corned beef
½ cup each--minced onion and celery
4 hard-cooked eggs, chopped
1/3 cup chopped fresh parsley (optional)

Procedure:

Add potatoes to pot of boiling salted water, being careful not to make the water overflow the pot, and cook until just tender, about 10 minutes. Drain and cool potatoes for 10 minutes and then place in a large mixing bowl. Before adding the caraway, crush the seeds using a mortar and pestle, an electric grinder or the bottom of a heavy saucepan. In a smaller bowl, combine the relish, vinegar, mayonnaise, horseradish and caraway. Add mixture to potatoes and toss to blend. Season to taste with salt and pepper, and mix in the corned beef, onions, celery and eggs. Cover and refrigerate up to one day before serving. Garnish with parsley, if desired.

about 180
calories and
8 grams of fat
per serving

A serving of St. Paddie's Potato

Salad also contains about 35 percent of the daily recommendation for vitamin C and 10 percent of the daily recommendation for iron.



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