

# A TASTE OF SUMMER

Foods For All Seasons

## Peppered & Two Bean Potato Salad

Serves 8

- 5 large (about 2lbs) red potatoes, scrubbed
- 1 can (14-1/2oz.) black beans, rinsed and drained
- 1/2 cup chopped red onion
- 1/2 pound spinach leaves, rinsed and drained
- 1 medium-sized red bell pepper, stemmed, seeded, chopped
- 4 cups (about 1lb.) cold, cooked, green beans
- Salt to taste

In a 5- to 6- quart pan, cover potatoes with water and bring to boiling on high heat; simmer until potatoes are tender when pierced, 30 to 35 minutes.

Drain, let cool, and cut in 3/4-inch chunks into a bowl. Add black beans, onion, and dressing mix.

Line a platter with a few spinach leaves; silver remainder. Mound out spinach on a platter and top with potato salad; sprinkle with red peppers and surround with green beans. Salt to taste.

### Dressing:

Combine 1 cup unflavored nonfat yogurt (or use half-reduced-calorie mayonnaise), 3 tablespoons each minced fresh cilantro (coriander) and minced fresh basil leaves, and 2 tablespoons lemon juice.

## Lighten up your Summer:

Keep your summer salads healthy. Choose nonfat or lowfat dressings.

Try nonfat or lowfat frozen deserts for a cool treat.

Fresh fruit makes a great snack. Choose from a wider variety of fruit during summer.

Stock your kitchen with lowfat foods, then you're more likely to eat lowfat meals and snacks.

Cook low fat by broiling, microwaving, or poaching.

### Nutritional Analysis per serving

Calories	173
Cholesterol	6mg
Fat	8g
Sodium	140mg

### Recipe Courtesy of:

Sunset Magazine  
and



California Project LEAN is a collaborative effort of the Public Health Institute and Regional Nutrition Networks.

For more information on low-fat eating write California Project LEAN, California Department of Health Services, P.O. Box 942732, MS-675, Sacramento, CA 94234-7320.