

Kale and Potato Salad

Created by Chef Katie Cavuto Boyle, RD, for the U.S. Potato Board

Prep time: 30 minutes

Cook time: 25 minutes

1 pound petite Yukon Gold Potatoes, halved
1/4 cup olive oil, *divided*
1 shallot, halved and sliced
3/4 pound asparagus, trimmed and cut into 1-inch pieces
1/4 cup white balsamic vinegar
1/4 cup fat-free Greek yogurt
Salt, pepper and sugar to taste
7 cups (1-inch pieces) green curly kale (tough ribs and stems removed)
1/2 cup fresh scallions, chopped
1/4 cup chopped walnuts
1 ounce smoked or traditional Gorgonzola cheese

Preheat oven to 450°F with rack in upper third of oven.

Toss potatoes with *1 tablespoon* oil, *half* the shallots, salt and pepper and spread evenly on a baking sheet. Roast for 15 minutes then add asparagus to baking sheet; roast for 10 minutes more or until potatoes are golden brown and tender.

Puree *remaining* olive oil, shallot, vinegar and yogurt in a blender or small food processor. Season to taste with salt, pepper and sugar.

While the vegetables are cooking, place 1 inch of water in a large pot. Bring to a boil then add kale; cook for 1 minute or until kale is bright green and lightly wilted, tossing constantly with tongs. Drain excess water.

Toss kale with potatoes and scallions and top with walnuts and Gorgonzola. Makes 6 servings.

Nutritional analysis per serving:

Calories: 260, Fat: 15g, Saturated Fat: 2.5g, Trans Fat: 0 g, Cholesterol: 5mg, Sodium: 210mg, Potassium: 509mg, Carbohydrates: 29g, Fiber: 4g, Sugar: 2g, Protein: 9g, Vitamin A: 250%, Vitamin C: 190%, Calcium: 15%, Iron: 20%