



fresh potato salad



Image: <https://www-tc.pbs.org/food/wp-content/blogs.dir/2/files/2011/09/potato-salad-2.jpg>

ingredients

- 2 large potatoes
- 1 medium carrot, diced
- 1/4 of a cucumber
- 1/4 cup of corn (canned and drained or frozen)
- 1/4 cup of peas (canned and drained or frozen)
- 2 tablespoons of mayonnaise
- Salt and pepper (to taste)
- 1 hardboiled egg

Optional: 2 green onions, chopped

instructions

1. Wash, peel, and chop the potatoes. Dice the carrots then thinly slice the cucumber. Prepare the corn and peas.
2. Boil the potatoes until soft, drain, mash with a fork then set aside or place in refrigerator to cool.
3. Boil 1 egg in water for 12 minutes. When done remove from pot.
4. Season potatoes with mayonnaise, salt, and pepper. Mix well.
5. Mix in the carrots, corn, and peas. Lightly mix in the cucumbers and green onions.
6. Peel and chop the hardboiled egg, and mix it into the salad. Serve.

Nutrition Facts

5 servings per container

Serving size **1 Cup**

Amount Per Serving

Calories **190**

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 0.85g **4%**

Trans Fat 0g

Polyunsaturated Fat 0.09g

Monounsaturated Fat 0.01g

Cholesterol 40mg **13%**

Sodium 70mg **3%**

Total Carbohydrate 30g **11%**

Dietary Fiber 4g **14%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

Protein 5g **10%**

Vitamin D 0mcg **0%**

Calcium 40.3mg **4%**

Iron 1.453mg **8%**

Potassium 937mg **20%**

*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.