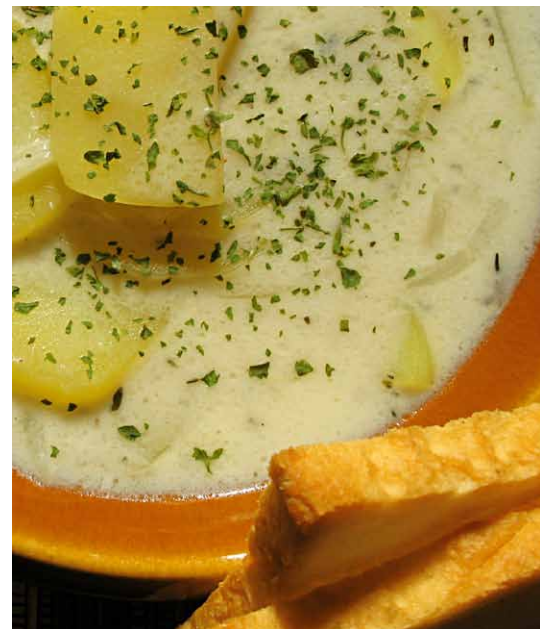
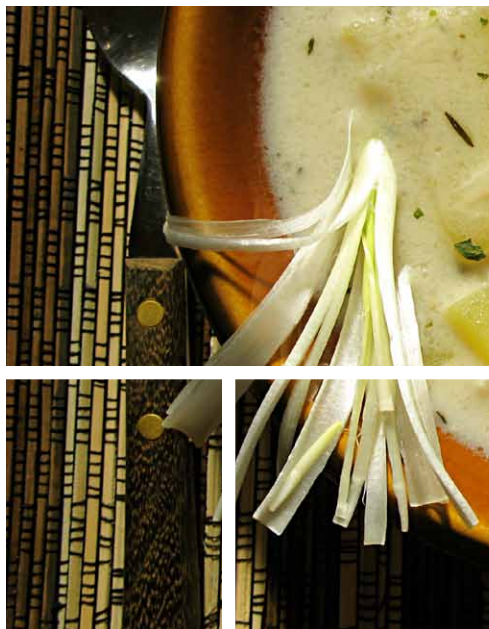


# CHEF & CHILD FOUNDATION RECIPE COLLECTION

## VEGETABLE AND COUNTRY DIJON POTATO SALAD

Jim Perko, CEC, AAC  
ACF Cleveland Chapter, Inc.

SERVINGS PER RECIPE: **24**



### Ingredients:

- 3 pounds redskin new potatoes, large dice
- 4 cups, fresh green beans, ¾" length cut
- 1 cup red peppers, small dice.
- 1 cup red onion thinly sliced.
- ½ cup country Dijon mustard
- 3 tablespoons extra virgin olive oil
- 1 tablespoon lemon juice
- 1 teaspoon fresh garlic, fine minced
- 2 tablespoons sugar
- 1 teaspoon salt
- 2 tablespoons fresh chopped parsley
- ¼ teaspoon black pepper
- ¼ cup rice wine vinegar

### Directions:

1. Cook beans and potatoes separately until tender and set aside to cool.
2. In large mixing bowl, combine country Dijon, olive oil, lemon juice, rice wine vinegar, sugar, garlic, parsley, salt and pepper and whisk until well blended.
3. Add potatoes, green beans, red peppers and red onion and gently toss until well coated.

*Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit [www.acfchefs.org](http://www.acfchefs.org).*

<b>Nutrition Facts</b>		Amount/serving	%DV*	Amount/serving	%DV*
Serving Size 98g)		<b>Total Fat</b> 2g	<b>3%</b>	<b>Total Carb</b> 14g	<b>5%</b>
Servings Per Container		Sat. Fat 0g	<b>0%</b>	Fiber 2g	<b>8%</b>
<b>Calories</b> 80		Trans Fat 0g		Sugars 3g	
Fat Cal. 15g		<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 2g	
		<b>Sodium</b> 250mg	<b>10%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.					
Vitamin A 8% • Vitamin C 30% • Calcium 2% • Iron 4%					



**CHEF & CHILD**  
foundation  
AMERICAN CULINARY  
FEDERATION

