

Zesty Potato & Green Bean Salad



Prep:

10 minutes

Total:

30 minutes

Makes:

10 servings, approximately ½ cup each

Utensil:

Saladmaster Food Processor
3 Qt./2.8 L Sauce Pan with Cover
3 Qt./2.8 L Perforated Basket
3.5 Qt. Double Walled Bowl
small mixing bowl

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Recipe:

Contributed By:

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Authorized Saladmaster Dealer
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Recipe Description:

Saladmaster is designed to help you save energy, time and nutrition; and one of the unique ways to get your cooking done economically and compactly is stack cooking. In part 2 of our holiday series, we show you how to use stack cooking to cook your potatoes and green beans. **Watch** Ivy prepare these holiday potatoes and green beans by stacking them on top of the turkey using this easy recipe! And they don't touch the meat!

Potatoes and Green Beans
4 medium
red potatoes
2 pounds
frozen French-cut green beans
(900
g)

Dijon Salad Dressing

Directions:

1. Fill 3 Qt. Sauce Pan with 1-inch of water, cover and set on medium heat.
2. Using the Saladmaster Machine, shred potatoes with Cone #3 into the the 3 Qt. Inset.
3. Pour bag of frozen green beans on top of potatoes.

4. Place inset into sauce pan and cover.
5. Once the Vapo-Valve™ clicks steadily, turn to low, or if stack cooking, set atop another pan.
6. Continue to cook for 15 minutes, and afterward, remove from heat immediately. Place in double walled salad bowl or other serving dish.

Dijon Salad Dressing

1. Blend olive oil, rice vinegar and Dijon mustard in a small bowl.
2. Stir in ground black pepper, dill, and add salt to taste.
3. Pour dressing into bottle to serve. Can be used on entire salad or on individual portions.

Nutritional Information per

▼ Serving

1 serving = ½ cup

Calories: 170

Total Fat: 11g

Saturated Fat: 2g

Cholesterol: 0mg

Sodium: 20mg

Total 16g

Carbs:

Dietary Fiber: 2g

Sugar: 2g

Protein: 2g