

## Farmers' Market Potato Salad

By: Cooking Light Over 150 Smart Salad Recipes

### Ingredients:

1 cup fresh corn kernels (about 2 ears) or substitute frozen  
2 lbs. fingerling potatoes, cut into 1 inch pieces  
2 1/2 tbsp olive oil, divided  
2 tbsp chopped fresh tarragon  
2 tbsp cider vinegar  
2 tbsp whole-grain Dijon mustard  
1/2 tsp hot pepper sauce (optional)  
1/4 tsp salt  
1/2 tsp freshly ground black pepper  
Cooking spray  
3/4 cup vertically sliced red onion  
3/4 cup zucchini  
1 cup cherry tomatoes, halved

### Instructions:

1. Preheat oven to 425 degrees
2. Place corn and potatoes on rimmed-cookie sheet.
3. Drizzle vegetables with 1 tbsp olive oil.
4. Bake at 425 degrees for 30 minutes or until potatoes are tender.
5. Place mixture in large bowl.
6. Combine tarragon and next 5 ingredients (through pepper) in a small bowl, stirring with a whisk.
7. Gradually add 1 1/2 tbsp olive oil, stirring with a whisk.
8. Drizzle dressing over potato mixture; toss gently to coat.
9. Heat a large skillet over medium heat. Coat pan with cooking spray.
10. Add onion and zucchini to pan; cook for 4 minutes or until lightly browned, stirring occasionally.
11. Add zucchini mixture to potato mixture, toss gently to combine.

Serves: 8 / 3/4 cup each

### Per serving:

Calories: 152, Total Fat: 5.2g; Sat. Fat: 0.7g; Monounsaturated Fat: 3.2g; Polyunsaturated: 0.8g;  
Cholesterol: 0 mg; Sodium: 192 mg; Carbohydrate: 24.8 g; Dietary Fiber: 3g; Protein: 3.3g

### Nutrition Bonus:

Iron: 1.1 mg; Calcium: 21mg

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