

Studio 5

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“Corned Beef Potato Salad”

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This recipe is a nice cross between German Potato salad and Corned Beef Hash! Serves 6

Ingredients:

- 4 cups sliced red potatoes, skins on
- 1 bunch green onions (approx 1/4 cup)
- 1 1/2 cups diced cooked corned beef
- 1/2 cup beef broth
- 1 1/2 tablespoons sugar
- 1/4 cup apple cider vinegar
- Salt and pepper to taste

Method:

Scrub potatoes and cut into 1/2-inch slices, place in medium saucepan; almost cover with water; salt to taste; bring to a boil; reduce heat to simmer; cover and cook until tender, but not mushy. Drain.

Wash, trim and slice green onions, including tops (approximately 1/4 cup). Spray non-stick skillet or pan with non-stick spray. Add onions to pan and cook over medium heat until onions are tender. Add corned beef and heat through (do not over stir and crumble cooked corned beef). Add broth, sugar, vinegar and salt and pepper to taste. Cook 1 minute. Pour over potatoes, toss and serve. Serve with foods from each of the 5 food groups, including milk, yogurt or cheese.

Notes:

Q. Where did this recipe come from?

A. Great idea for keeping the luck of the Irish alive and enjoying corned beef in season - nice way to showcase alternative recipes for balancing nutrition

Q. Balancing nutrition can be hard - how do we do it?

A. Start with the end in mind. Own your diet - adopt a lifestyle of proper nutrition that reflects the 2005 Dietary Guidelines and includes 3 servings a day of low-fat milk, cheese or yogurt - look for alternate recipes, such as this low-fat potato salad - include foods from all the food groups to complete the meal - use variety of foods and dishes – as a parent, role model good nutrition

Q. What if my family doesn't like that much vinegar - can the recipe be changed?

A. Recipes are meant to be changed. Adjust the broth and vinegar portions in the recipe to suite your family tastes. On another thought - this recipe is a variation of German Potato salad. By introducing your family to new tastes and cultures you help them broaden their diet and increase their ability to meet recommendations for all nutrients.

Nutrition Facts	
Serving Size approx 3/4 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 190	Calories from Fat 60
%	
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 3g	15%
Cholesterol 35mg	11%
Sodium 500mg	21%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 9g	
Vitamin A 0%	Vitamin C 25%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	