

Potatoes & Broccoli

Makes 6 servings



Ingredients

- 6-7 red potatoes
- splash of white grape juice
- 1 tsp of salt
- splash of sherry vinegar
- ½ lb of broccoli florets
- ½ cup of red pepper - roasted, chopped
- ½ cup of pepperoni cheese - grated
- ½ cup of red onion
- 2 garlic cloves
- 1 tbsp of dijon mustard
- 1 tbsp of sherry vinegar
- pinch of red pepper flakes
- ½ cup of olive oil
- 2 tbsp of capers

Directions

- 1. Boil potatoes in large pot of salted water - until barely tender -10 min.
- 2. Preserve pot of water. Use slotted spoon to move potatoes to a large salad bowl
- 3. Immediately douse with juice, vinegar & salt. The hot potatoes soak up the flavour
- 4. Quickly blanch broccoli in preserved water - florets should remain green yet tender. Drain & rinse until cool water immediately.
- 5. Combine with all ingredients
- 6. Add capers to whisked ingredients
- 7. Toss dressing with vegetables. Chill vegetable dish.

Nutrients (approximately)

319 Calories per serving,
Fat 15g, Saturated Fat 3.2g, Sodium 174.7mg,
Carbohydrates 38.2g, Fiber 4.7, Sugars 3.1, Protein 8.7g

Share this recipe with a friend!

Potatoes & Broccoli

Makes 6 servings



Ingredients

- 6-7 red potatoes
- splash of white grape juice
- 1 tsp of salt
- splash of sherry vinegar
- ½ lb of broccoli florets
- ½ cup of red pepper - roasted, chopped
- ½ cup of pepperoni cheese - grated
- ½ cup of red onion
- 2 garlic cloves
- 1 tbsp of dijon mustard
- 1 tbsp of sherry vinegar
- pinch of red pepper flakes
- ½ cup of olive oil
- 2 tbsp of capers

Directions

- 1. Boil potatoes in large pot of salted water - until barely tender -10 min.
- 2. Preserve pot of water. Use slotted spoon to move potatoes to a large salad bowl
- 3. Immediately douse with juice, vinegar & salt. The hot potatoes soak up the flavour
- 4. Quickly blanch broccoli in preserved water - florets should remain green yet tender. Drain & rinse until cool water immediately.
- 5. Combine with all ingredients
- 6. Add capers to whisked ingredients
- 7. Toss dressing with vegetables. Chill vegetable dish.

Nutrients (approximately)

319 Calories per serving,
Fat 15g, Saturated Fat 3.2g, Sodium 174.7mg,
Carbohydrates 38.2g, Fiber 4.7, Sugars 3.1, Protein 8.7g