



Eye On Potatoes

Let Potatoes Improve Your Salad Days

(NAPSA)—Here's heartening news: A smart salad can become even more heart healthy—and delicious—when you add potatoes.

That's because Idaho® potatoes have been certified by the American Heart Association as meeting its heart-healthy food criteria.

In addition, a medium 5.3-ounce Idaho potato has only 110 calories, contains zero fat and cholesterol, and is packed with nutrients including 45 percent of the daily value of vitamin C, nearly twice as much potassium as a medium banana, fiber, protein, vitamin B6 and complex carbohydrates. All these important vitamins and nutrients help keep your body fueled and strong all day long.

A great way to enjoy all that nutrition is in this easy, elegant salad:

Idaho Potato and Pesto Chicken Salad

Yield: 8 servings

- 2 pounds Idaho potatoes, well scrubbed (peeled, if desired)**
- 1 pound fresh green beans, washed and trimmed**
- 1 tablespoon olive oil**
- 1½ pounds boneless, skinless chicken breast, cut into 1-inch cubes**
- ¾ cup prepared pesto sauce**
- 3 to 6 cups mixed salad greens (optional)**

Over high heat, in a large, heavy pot with tight-fitting



A Potato and Pesto Chicken Salad can be a cool way to get the nutrients you need in a dish that tastes like an indulgence.

cover, bring half a pot of water to boil. Meanwhile, cut potatoes in half lengthwise, then cut crosswise in ½-inch slices. Add potatoes to boiling water, cover and return to boiling; cook 3 minutes. Add green beans to pot with potatoes and cook another 4 minutes; drain potatoes and beans and set aside. (Vegetables should be firm.) In same pot, heat olive oil over high heat and cook chicken, stirring 6 to 8 minutes or until meat is completely cooked through. Remove from heat; stir in pesto sauce, then gently stir in potatoes and green beans, taking care not to break up vegetables. Serve salad warm or at room temperature on a bed of salad greens, if desired.

To be sure you're getting genuine, top-quality Idaho potatoes, look for the "Grown In Idaho®" seal.

Learn More

For more recipes for salads and other potato dishes, visit <http://www.idahopotato.com>.

Note: The Heart-Check Food Certification does not apply to recipes expressly stated. For more information, see the AHA nutrition guidelines at: heartcheckmark.org/guidelines.