



## Healthy Red Potato Salad

***Serves four to six***

1 pound baby red potatoes

1/2 cup chopped parsley

2 TBS Olive oil

1 tsp. Coarse salt

Scrub the potatoes and place in a pot of salted water. Cook until a fork pierces the potatoes easily, about 20 minutes. Drain the water and let the potatoes cool down completely.

Place them in a bowl and smash them with the back of a tablespoon.

Add the parsley. Drizzle with enough olive oil to coat all the potatoes. Season with salt. Toss the salad being careful not to mash the potatoes. Serve.

**4 servings - CALORIES 149.90; FAT 6.98 grs (sat 0.98; mono 4.95; poly 0.79); PROTEIN 2.58 grs ; FIBER 2.37 grs; CARBS 20.35 grs; CHOLESTEROL 0.00 mg; IRON 1.42 mg; SODIUM 536.89 mg; CALCIUM 23.05 mg**