

# Greek Potato & Green Bean Salad

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## Method

- Slice the potatoes into wedges.
- Place the potatoes into the Multipot. Add enough cold water to just cover the potatoes. Cover with lid and bring to a boil over high heat.
- When the potatoes reach a boil, reduce the heat to medium, remove the lid, and cover with the Collapsible Steamer & Strainer (collapsed one layer). Add the green beans to one half of the steamer and the chickpeas to the other half.
- Cook, covered, for 8–10 minutes, or until the green beans are crisp-tender.
- Combine the dressing ingredients in the Measure, Mix & Pour®; mix until blended.
- Place the salad greens in a large serving bowl. Transfer the green beans and chickpeas to the bowl. Drain the potatoes with the lid and transfer to the bowl.
- Top with olives and dressing, and toss to coat.

## Ingredients

1 lb. (450 g) "B"-size red potatoes (about 5–7 potatoes)  
12 oz. (350 g) frozen green beans  
1 can (15.5 oz. or 398 mL) reduced-sodium chickpeas, rinsed and drained  
1 pkg (5 oz.) salad greens (spinach, romaine, or blend) (about 6–8 cups/1.5–2 L)  
½ cup (125 mL) sliced black olives, drained  
Optional: grilled chicken or shrimp, crumbled feta cheese, roasted red peppers  
6 tbsp (90 mL) olive oil  
¼ cup (50 mL) red wine vinegar  
½ tsp (2 mL) dried oregano  
¼ tsp (1 mL) each dried basil, onion powder, and salt (see cook's tip)

## Yield:

6 servings

## Nutrients per serving:

U.S. nutrients per serving (2 cups/500 mL): Calories 290, Total Fat 16 g, Saturated Fat 2 g, Cholesterol 0 mg, Sodium 410 mg, Carbohydrate 30 g, Fiber 7 g, Sugars 4 g, Protein 6 g

## Cook's Tips:

You can substitute the dried herbs in the dressing with 1 tbsp (15 mL) of Greek Rub.



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