

# Idaho Potato Caprese Salad

Gabby Dalkin - "What's Gabby Cooking"  
[www.recipes.IdahoPotato.com](http://www.recipes.IdahoPotato.com)

4 cups red potatoes, skin on and one-inch cubed  
4 tablespoons olive oil  
2 tablespoons balsamic vinegar  
2 cloves fresh peeled garlic, finely chopped  
salt (to taste)  
pepper (to taste)  
1 bunch basil, roughly chopped  
1 cup fresh pearl-sized mozzarella cheese  
2 cups cherry tomatoes, halved  
balsamic creme (optional)

In a medium-sized pot, place the potatoes and cover with cold water. The water should just cover all of the potatoes by about one inch.

Cook the potatoes over medium-high heat until they are fork tender, about 15 minutes.

Remove the potatoes from the heat and drain with a colander. Run cold water over the drained potatoes and let them cool.

In a small bowl, whisk together the olive oil, balsamic vinegar and garlic until emulsified. Season with salt and pepper. Set aside.

Transfer the potatoes to a large bowl. Drizzle with the olive oil.

Add the chopped basil, mozzarella and cherry tomatoes. Gently toss to combine. Season with salt and pepper as needed.

Drizzle the balsamic creme on top, if desired.

Serve immediately.

*Time Saving Tip: \*You could also use a store bought balsamic vinaigrette to save yourself some time. Also, if fresh mozzarella isn't available, use your favorite kind of block mozzarella and cut it into bite sized pieces.*

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Per Serving (excluding unknown items): 1031 Calories; 56g Fat (46.9% calories from fat); 16g Protein; 126g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 65mg Sodium. Exchanges: 6 1/2 Grain(Starch); 2 1/2 Vegetable; 0 Fruit; 11 Fat.

Side Dishes

<b>Calories (kcal):</b>	1031	<b>Vitamin B6 (mg):</b>	1.7mg
<b>% Calories from Fat:</b>	46.9%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	47.3%	<b>Thiamin B1 (mg):</b>	.7mg
<b>% Calories from Protein:</b>	5.8%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	56g	<b>Folacin (mcg):</b>	134mcg
<b>Saturated Fat (g):</b>	7g	<b>Niacin (mg):</b>	11mg
<b>Monounsaturated Fat (g):</b>	40g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	5g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	0mg	<b>% Refuse:</b>	n n%
<b>Carbohydrate (g):</b>	126g		
<b>Dietary Fiber (g):</b>	15g		
<b>Protein (g):</b>	16g		
<b>Sodium (mg):</b>	65mg		
<b>Potassium (mg):</b>	4117mg		
<b>Calcium (mg):</b>	154mg		
<b>Iron (mg):</b>	8mg		
<b>Zinc (mg):</b>	3mg		
<b>Vitamin C (mg):</b>	179mg		
<b>Vitamin A (i.u.):</b>	2305IU		
<b>Vitamin A (r.e.):</b>	229 1/2RE		

## Food Exchanges

<b>Grain (Starch):</b>	6 1/2
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	2 1/2
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	11
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

### Amount Per Serving

**Calories** 1031 **Calories from Fat:** 483

### % Daily Values\*

<b>Total Fat</b>	56g	86%
Saturated Fat	7g	37%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	65mg	3%
<b>Total Carbohydrates</b>	126g	42%
Dietary Fiber	15g	58%
<b>Protein</b>	16g	
<b>Vitamin A</b>		46%
<b>Vitamin C</b>		298%
<b>Calcium</b>		15%
<b>Iron</b>		45%

\* Percent Daily Values are based on a 2000 calorie diet.