
Shaved Fennel and Fingerling Potato Salad

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Preparation Time: 15 minutes

Start to Finish Time: 25 minutes

1 pound fingerling potatoes, halved lengthwise

1 teaspoon Kosher salt

3 tablespoons white wine vinegar

2 teaspoons Dijon mustard

1/2 teaspoon sugar

1/4 teaspoon Kosher salt

pinch black pepper

3 tablespoons olive oil

1 fennel bulb, trimmed, cored and halved

3/4 cup julienned yellow bell pepper

1/2 cup sliced green onions

1/2 cup flat-leaf parsley, chopped

Place the potatoes in a large saucepan. Add one teaspoon of Kosher salt and enough water to cover the potatoes. Bring to a boil. Reduce the heat. Simmer, uncovered, for about 10 minutes or until the potatoes are just tender. Drain. Return the potatoes to the saucepan.

In a small bowl, whisk together the vinegar, Dijon mustard, sugar, 1/4 teaspoon of Kosher salt and a pinch of black pepper until the sugar is dissolved. Gradually drizzle in three tablespoons of olive oil, whisking to emulsify. Pour half of the vinaigrette over the warm potatoes to coat.

Using a mandoline or a sharp knife, thinly shave the fennel bulb halves lengthwise. Place into a large bowl with the yellow pepper, green onions and parsley.

Add the potatoes and remaining vinaigrette to the fennel mixture. Toss to coat.

Salads

Per Serving (excluding unknown items): 468 Calories; 41g Fat (75.6% calories from fat); 4g Protein; 26g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 2605mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 8 Fat; 1/2 Other Carbohydrates.