



WHATSheATE



Arugula, Potato, and Green Bean Salad with Walnut Dressing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



142 kcal

SIDE DISH

Ingredients

- ☐ 3 ounces baby arugula
- ☐ 8 servings coarse salt and pepper freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 1.5 pounds fingerling potatoes
- ☐ 6 ounces haricots verts trimmed
- ☐ 2 tablespoons yogurt plain low-fat
- ☐ 2 tablespoons walnut oil

- ☐ 0.3 cup walnuts toasted finely chopped
- ☐ 2 tablespoons white-wine vinegar

Equipment

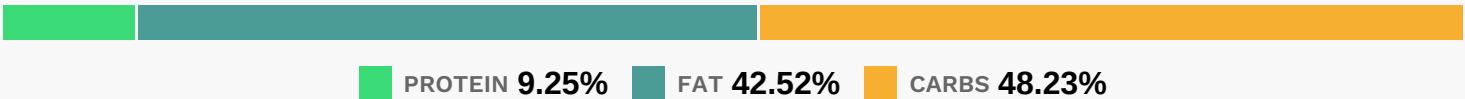
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Whisk together vinegar, yogurt, mustard, and the toasted nuts in a small bowl; season with salt and pepper.
- ☐ Add walnut oil in a slow, steady stream, whisking until emulsified.
- ☐ Bring a medium saucepan of salted water to a boil.
- ☐ Add potatoes, and cook until tender, about 10 minutes. Using a slotted spoon, transfer potatoes to a colander to drain. Return pan of water to a boil.
- ☐ Prepare an ice-water bath.
- ☐ Add green beans to boiling water and cook until tender and bright green, about 4 minutes. Using a slotted spoon, transfer to ice water to stop the cooking.
- ☐ Drain and cut into 2-inch pieces.
- ☐ Arrange arugula, potatoes, and green beans on a platter. Season with salt and pepper.
- ☐ Drizzle with dressing, toss to coat, and serve.
- ☐ Other
- ☐ Reprinted with permission from Meatless From the Kitchens of Martha Stewart Living, © 2013 Martha Stewart Living Omnimedia, Inc. For more than twenty years, the food editors and chefs in the kitchens at MARTHA STEWART LIVING have produced dozens of bestselling cookbooks, including Martha Stewart's Cooking School, Martha's American Food, Martha's Baking Handbook, Everyday Food: Great Food Fast, and Power Foods. MARTHA STEWART is the author of more than 75 books on cooking, entertaining, crafts, home-keeping, gardens,

weddings, and decorating. She is the host of Cooking School on PBS.

Nutrition Facts



Properties

Glycemic Index:26.72, Glycemic Load:11.43, Inflammation Score:-5, Nutrition Score:8.4121739436751%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 4.49mg, Kaempferol: 4.49mg, Kaempferol: 4.49mg, Kaempferol: 4.49mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 141.8kcal (7.09%), Fat: 6.97g (10.72%), Saturated Fat: 0.71g (4.44%), Carbohydrates: 17.79g (5.93%), Net Carbohydrates: 14.82g (5.39%), Sugar: 2.06g (2.29%), Cholesterol: 0.3mg (0.1%), Sodium: 213.81mg (9.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.83%), Vitamin C: 21.07mg (25.54%), Vitamin K: 23.02µg (21.93%), Manganese: 0.38mg (19.08%), Vitamin B6: 0.32mg (15.88%), Potassium: 477.79mg (13.65%), Fiber: 2.97g (11.87%), Magnesium: 38.88mg (9.72%), Copper: 0.19mg (9.69%), Folate: 36.31µg (9.08%), Phosphorus: 87.13mg (8.71%), Vitamin A: 404.65IU (8.09%), Vitamin B1: 0.11mg (7.34%), Iron: 1.21mg (6.73%), Vitamin B3: 1.15mg (5.74%), Calcium: 49.75mg (4.97%), Vitamin B2: 0.08mg (4.52%), Vitamin B5: 0.41mg (4.05%), Zinc: 0.55mg (3.66%), Selenium: 1.03µg (1.47%), Vitamin E: 0.19mg (1.29%)