



Hot potato and beetroot salad - Serves 4

Ingredients:

- Large can tuna in water or brine, drained
- 12 cooked new potatoes, quartered
- 100g lightly cooked green beans, cut into 2cm pieces
- 1 large red onion, peeled and chopped
- 12 black olives (optional)
- 120 ml olive oil
- 55ml balsamic vinegar
- 1 tsp mustard powder or Dijon mustard
- Pepper to taste
- 4 hardboiled eggs, quartered to garnish
- 4 tomatoes, cut into wedges

Method:

1. Heat the olive oil in a pan and cook the potato slices until crispy
2. Stir in the beetroot wedges to warm through
3. Mix the mint and yoghurt together to make a dressing
4. Transfer the potatoes and beetroot to a serving plate
5. Drizzle the yoghurt dressing over the potatoes and beetroot
6. Serve

Alternatives:

- Sprinkle the potatoes with a little chilli pepper or cayenne pepper to spice them up

- Chop up an onion and cook with the potatoes for some extra flavour

Did you know ?

Try and include fruit and vegetables with every meal. Studies show that people who eat a lot of fruit and vegetables have a lower risk of illness.

Cooked beetroot is a great source of folate. Extra folate should be taken in the first three months of pregnancy

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