LIGHT AND FRESH POTATO SALAD

Recipe By: Shirley Scrafford
Servings: 6

Ingredients

1/4 cup seasoned rice vinegar
2 Tablespoons Surny rice bran oil
1/4 teaspoon salt
1/8 teaspoon pepper
2 Tablespoons light mayonnaise -- optional
2 pounds red potato -- cubed (about 5 cups)
1/2 teaspoon salt
1 cup cucumber -- peeled and diced
3/4 cup grape tomatoes -- halved
3/4 cup green bell pepper -- diced
1/2 cup orange bell pepper -- diced
1/2 cup celery -- diced
1/4 cup green onion -- sliced
1/3 cup black olives -- sliced (2 1/2 ounce can)
2 Tablespoons fresh thyme -- or basil or oregano

Combine vinegar, oil, 1/4 teaspoon salt, pepper, and mayonnaise, if using, in a bowl and whisk until combined.

Cook potatoes in a large pot of water with 1/2 teaspoon of salt for 10 minutes or until tender. Drain potatoes and combine with oil and vinegar dressing and let sit for 15 minutes to absorb flavors and cool.

Add remaining ingredients and toss to coat with dressing.

Cover and chill.

Per Serving: 200 Calories; 7g Fat (28.5% calories from fat); 4g Protein; 33g Carbohydrate; 4g Dietary Fiber; 2mg Cholesterol; 378mg Sodium.

Exchanges: 1 1/2 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.