

***MFit* Potato Salad with Chickpeas & Peppers**

Servings: 6

1 small red onion, diced & soaked in ice-cold water 1-2 hours
1 red bell pepper, diced
1 clove garlic, minced
¼ cup balsamic vinegar
½ teaspoon salt (+ 2 teaspoons for cooking potatoes)
1 ½ pounds small potatoes, either redskins or fingerling, scrubbed
1 cup chickpeas, cooked (if canned drained & rinsed)
3 tablespoons extra virgin olive oil
½ cup kalamata olives, pitted & chopped
¼ cup fresh mint, coarsely chopped
½ cup fresh Italian parsley, coarsely chopped
2 tablespoons fresh oregano, leaves stripped from stalks & chopped freshly ground black pepper, to taste

Drain the onion and combine it with the red pepper, garlic, vinegar, and ½ teaspoon salt. Toss well.

Meanwhile quarter the red potatoes or slice the fingerlings ½ inch thick and place into a 4-quart saucepan. Fill the saucepan with cold water; add the 2 teaspoons of salt and bring to a boil over high heat. Reduce the heat and cook at a slow boil until the potatoes are tender (15-20 minutes). Since potatoes firm up a little after cooking, be sure to cook them until they are quite tender. Drain and allow to cool until steam stops rising.

Stir the chickpeas, olive oil, olives, and herbs into the onion mixture, toss well. Add warm potatoes and toss gently. Taste and season with black pepper and additional salt if desired.

Serving Ideas: Serve warm or at room temperature

Per Serving: 268 Calories; 13g Fat (42.2% calories from fat); 6g Protein; 34g Carbohydrate; 0mg Cholesterol; 506mg Sodium. Exchanges: 2 Grain (Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 2 ½ Fat, Dietary Fiber 4g.