

Japanese Potato Salad

- 1 pound Yukon gold or russet potatoes
- 1 cup very thinly sliced English cucumber
- 1 teaspoon salt
- 1/2 cup thinly sliced onion
- 1/2 cup thinly sliced carrot
- 1 apple, peeled and cut into small cubes
- 1/2 cup Japanese mayonnaise or mayonnaise
- Salt and pepper to taste



1. Peel potatoes and cut into small pieces. Cook in boiling water until soft. Drain and put through a ricer. Cool.
2. Put cucumber in colander over another bowl and mix with 1 teaspoon salt. Let sit 20 minutes.
3. Cook carrot slices in boiling water 3 minutes. Drain well and cool.
4. Rinse cucumber and gently squeeze in a clean towel to remove excess water.
5. Mix together potatoes, cucumber, onion, carrot, apple, mayonnaise and salt and pepper to taste. Chill well before serving.

Serves 6.

Nutrition Facts		
Servings per recipe: 6		
Calories 220	Calories from fat 144	
	% Daily Value	
Total Fat 16g	24%	
Saturated Fat 2g	11%	
Cholesterol 6mg	2%	
Sodium 646mg	27%*	
Carbohydrate 20g	7%	
Dietary Fiber 2g	9%	
Protein 3g	5%	
Vitamin A: 63%	Vitamin C: 34%	Folacin: 2%
Calcium: 1%	Iron: 5%	Potassium: 3%

*Sodium content does not reflect discarded salt included in soaking water. Actual sodium content will be less.