



Greenmarket Affordable Meals Series

Quick and easy dishes from our market using the freshest seasonal ingredients, all for under \$5 per person

Natural Gourmet Institute

AUTUMN POTATO SALAD WITH SHALLOTS & APPLE

RECIPE BY NATURAL GOURMET INSTITUTE

Prep: 10 minutes
 Cook: 20 minutes
 Total Time: 30 minutes

Yield: 4 Servings
 Level: Easy
 Approx. Market Cost: \$9.50

INGREDIENTS	MARKET AVAILABILITY	PRICE (APPROXIMATE)
2 ½ pounds potatoes, peeled and diced*	Mon, Wed, Fri, Sat	\$2.50
1 tablespoon plus 1 teaspoon sea salt, divided	<i>Pantry Item</i>	-----
¼ cup plus 2 tablespoons olive oil, divided	<i>Pantry Item</i>	-----
4 shallots, thinly sliced*	Mon, Wed, Fri, Sat	\$2.00 (\$5/pound)
1 pound apples (mutsu, golden delicious), peeled and chopped*	Mon, Wed, Fri, Sat	\$2.00
3 ribs celery, sliced*	Mon, Wed, Fri, Sat	\$1.00 (\$3/head)
1 tablespoon apple cider vinegar*	<i>Pantry Item</i>	-----
½ teaspoon Dijon mustard	<i>Pantry Item</i>	-----
½ teaspoon maple syrup*	<i>Pantry Item</i>	-----
Pinch black pepper	<i>Pantry Item</i>	-----
1 ounce parsley, finely chopped*	Mon, Wed, Fri, Sat	\$2.00
	Total Price:	\$9.50

**Item available seasonally at your local Greenmarket. Prices and product availability are subject to change based on producer and seasonality.*

Directions:

- Prepare potatoes:** In a medium stock pot place the potatoes, 1 tablespoon salt, and 6 cups water. Cover pot and bring to a boil. Lower heat, remove cover and simmer until potatoes are tender. Drain and transfer to a large bowl.
- Prepare shallots:** In medium sauté pan heat 2 tablespoons olive oil on medium-low flame. Add shallots and ½ teaspoon salt; sweat until tender. Add to bowl with potatoes. Add apples and celery to bowl and set aside.
- Prepare the vinaigrette:** In a medium bowl combine the vinegar, mustard, maple syrup, ½ teaspoon salt, and pepper. Slowly whisk in the remaining ¼ cup olive oil until mixture is emulsified.
- Add vinaigrette to the salad and mix to combine. Add parsley; toss well and serve.
- Serve with roasted chicken, fish, or tempeh.

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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