

# ALI'S KITCHEN

## Bean & Potato Chicken Salad Hearty Enough to be a Meal!

Column and photos by Ali Carter, Wisconsin Potato Growers Auxiliary

We have all heard the benefits of preparing meals at home and sitting around the table to enjoy those meals together as a family.

Studies show that when we do these things on a regular basis, not only are we healthier for it, but we're also offered precious time to talk and reconnect with the people we share life with.

Knowing these benefits and having the best of intentions to stick with this healthy family habit doesn't necessarily mean that gathering together for that home-cooked meal each day is a simple feat to accomplish.

But I have a little secret for you ...it's okay to cheat a bit!

Not everything you set onto your table needs to be made from scratch. Life tends to be complicated enough on its own, so there is no reason that mealtimes should be stressful ordeals.

### STOCKED FRIDGE

Keeping your fridge and pantry stocked with items that you know your family enjoys, and that can be tossed together to create a filling dinner when schedules are tight, or meal plans go awry, allows flexibility and helps you avoid the desire to call out for delivery or make a rushed trip past the drive-through window.

With a bag of mixed baby greens, a rotisserie chicken from the grocery

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### Bean and Potato Chicken Salad Over Baby Greens

- ¾ cup green beans
- 14.5 ounce can whole new potatoes
- 1½ cups of cubed or shredded cooked chicken
- ¼ red onion, thinly sliced
- ½ cup small cherry tomatoes
- 4 cups mixed salad greens

### Lemon Mustard Vinaigrette

- ½ cup extra-virgin olive oil
- 2 tablespoons white vinegar
- 2 tablespoons lemon juice
- 2 tablespoons whole-grain mustard
- salt and pepper to taste



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store deli, canned potatoes, some veggies and a few pantry staples, I had a meal on our kitchen table in less than 15 minutes.

This allowed me just enough time to sit down and eat with Mike and the kiddos before we all jaunted off in different directions for our busy Wednesday evening routines.

Salads like this one are a blessing on those busy days. They fuel my family with good-for-them foods and give us a reason to take a moment to sit together at the kitchen table.

Served with some crusty French bread and butter, you have a light and fresh salad perfect for summer and hearty enough to be called a meal.

### DIRECTIONS

Simmer the green beans in salted water for 2 to 3 minutes, just until slightly tender but still crisp.

Transfer the beans to a bowl of ice

water for just a minute to stop the cooking process, then remove them with a slotted spoon and place into a large mixing bowl.

Add the canned potatoes to the bowl with the beans, halving them to manageable bite-sized pieces if necessary.

Place the chicken, onion and tomatoes into the mixing bowl. Set aside.

To prepare the dressing, place all ingredients into a canning jar. Cover tightly and shake well.

Pour the vinaigrette over the chicken, potatoes and veggies in the bowl, and gently toss until everything is well coated with the dressing.

To assemble the salad, place the greens onto a serving platter and top with the chicken mixture. Season with salt and pepper.

Enjoy! **BCT**

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