



Makes 10 cups
Preparation Time: 20 minutes
Cook Time: 1 hours 10 minutes

INGREDIENTS:

1 cup apple cider vinegar
3 tablespoons pure maple syrup
1 teaspoon sea salt
1½ teaspoons freshly ground black pepper
1½ cups chopped cucumber
1 15-oz. can no-salt-added white beans, rinsed and drained (1½ cups)
2 lb. new potatoes, quartered
¾ cup packed fresh herbs such as parsley, cilantro, and/or chives
¼ cup tahini
¼ cup whole grain or Dijon mustard
2 whole cloves garlic
8 bulbs green garlic or green onions, white and light green parts only, chopped
4 cups fresh watercress, large stems removed

New Potato Salad with Herbed Vinaigrette

A quintessential spring veggie, **new potatoes** are worth grabbing when they're around. Their thin, flaky skins, waxy centers, and delicate, sweet flavor are ideal for potato salad. Aromatic fresh herbs do double duty here, featuring in a creamy herbed tahini vinaigrette and chopped into the salad. **White beans** add extra sustenance, and crunchy cucumbers and peppery watercress add even more veggie goodness. Dots of mustard deliver a final pop of flavor to this crowd-pleasing new potato salad. Parsley, cilantro, and chives work well; feel free to use one or a combination.

Tips

Gluten-free version: To make this gluten-free, use a gluten-free whole grain and/or Dijon mustard.

Watercress swap: Don't have watercress? Use another green such as baby spinach or arugula.

For more inspiration, check out these tasty ideas:

- [Indian-Spiced Potato Salad](#)
- [Potato Salad with Horseradish Vinaigrette](#)
- [My Mama's Potato Salad Recipe](#)
- Or this roundup of [potato salad recipes](#).

By Kathryn Johnson, RDN, LD

- 1 For marinated cucumber and beans, in a medium bowl whisk together apple cider vinegar, 2 tablespoons of maple syrup, salt, and 1 teaspoon pepper. Add cucumber and beans. Toss to combine. Cover and marinate 1 hour at room temperature. Drain, reserving brine for vinaigrette.
- 2 Bring a large pot of water to boiling. Add potatoes; cook 8 to 10 minutes or until potatoes are tender. Drain. Place potatoes in a large bowl; cool slightly until still warm but not hot.
- 3 For vinaigrette, in a small blender or food processor, combine ¼ cup of the herbs, the tahini, 2 tablespoons of the mustard, the garlic, the remaining 1 tablespoon of maple syrup and ½ teaspoon pepper, and 2 to 3 tablespoons of the brine from Step 1. Process until smooth, adding water as needed to achieve desired consistency.
- 4 To potatoes, add green garlic, the remaining ½ cup of herbs, the marinated cucumber and beans, and the vinaigrette. Stir until combined. Add watercress; toss to coat. Serve immediately or chill. Before serving, dot with mustard and sprinkle with additional fresh herbs.