

Heart-Healthy Chopped Potato Breakfast Salad

Get a real energy boost with this delicious, healthy and fortifying breakfast option.

This Heart-Check Certified recipe is brought to you by Idaho Potato Commission.

Ingredients

 **Servings** 6 **Serving Size** about 1 C

Salad Ingredients

3 large potatoes, scrubbed and cut into 3/4-inch cubes; approx. 3 cups

Cooking spray

6 egg whites

1 cup chopped red pepper

1 cup canned chickpeas (garbanzo beans) (rinsed, drained)

Dressing Ingredients


1 cup fresh parsley, chopped (packed into cup measure)

2 tablespoons olive oil, extra virgin

2 tablespoons fresh lemon juice

1 tablespoon real maple syrup


Directions

 **Tip:** Click on step to mark as complete.

Place potato cubes in a large saucepan; add water to cover and bring to boil over medium-high heat. Boil potatoes for 5 minutes, or until tender (easily pierced with a knife). Drain and place in a serving bowl.

Lightly spray a nonstick skillet with cooking spray. Cook the egg whites over medium heat, without stirring, until cooked through but not overcooked. Flip skillet over onto a clean cutting board, releasing egg whites. Chop egg whites and add to serving bowl.

Add red pepper and chickpeas to the bowl, stirring all ingredients to combine; set aside. Prepare dressing: Puree all ingredients in a blender. Add to salad and toss gently to combine.

 **Calories**

250 Per Serving

 **Protein**

10g Per Serving

 **Fiber**

6g Per Serving

Nutrition Facts

Calories	250
Total Fat	5.6 g
Saturated Fat	0.8 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.8 g
Monounsaturated Fat	3.8 g
Cholesterol	0 mg
Sodium	162 mg
Total Carbohydrate	40 g
Dietary Fiber	6 g
Sugars	5 g
Protein	10 g

Dietary Exchanges

2 1/2 starch, 1/2 lean meat

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