### INGREDIENTS

3 large potatoes, unpeeled and thinly sliced (about 3 cups)  
¼ cup plain rice wine vinegar  
1½ tablespoons Dijon mustard  
¼ cup canola or vegetable oil  
½ cup chopped, fresh dill (or) 1 tablespoon dried, whole dill  
½ teaspoon salt  
1 large cucumber, unpeeled and thinly sliced, approx. 1½ cups

### DIRECTIONS

1. Place potato slices in a 9-inch square microwave-safe baking dish; cover with microwaveable plastic wrap and microwave at HIGH 9 to 11 minutes, or until tender stirring gently every 3 minutes.  
2. Combine vinegar, mustard, oil, dill and salt in a small jar. Cover tightly and shake vigorously. Pour vinegar mixture over potatoes. Cover and refrigerate until chilled. Gently mix in sliced cucumber before serving.

### NUTRITION ANALYSIS (PER SERVING)

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Trans Fat</th>
<th>Polyunsaturated Fat</th>
<th>Monounsaturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Carbohydrates</th>
<th>Fiber</th>
<th>Sugars</th>
<th>Protein</th>
<th>Dietary Exchanges</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>289</td>
<td>14 g</td>
<td>1 g</td>
<td>0 g</td>
<td>4 g</td>
<td>9 g</td>
<td>0 mg</td>
<td>437 mg</td>
<td>37 g</td>
<td>3 g</td>
<td>2 g</td>
<td>5 g</td>
<td>2½ starch, 2 fat</td>
</tr>
</tbody>
</table>

This recipe from the Idaho Potato Commission is an American Heart Association Heart-Check Certified Recipe.