WELL AWARE



Mediterranean Fried Potato, Tomato and Arugula Salad

by Bill Bradley, Registered Dietitian and Cookbook Author

Ingredients (Serves 4)

- 2 Tablespoons mayonnaise
- 1 Tablespoon Dijon mustard
- juice of 1 lemon
- 1/4 cup extra virgin olive oil
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon dill
- 1/4 teaspoon salt
- 2 pounds red potatoes, cut into quarters
- 1/4 cup extra virgin olive oil
- pinch of salt
- 1/4 cup capers
- large handful arugula
- 2 ripe tomatoes
- 1/4 cup crumbled feta cheese
- 4 green onions, chopped
- ground black pepper

Directions

- 1. Boil potatoes until tender, but not too soft, as they are still going to be fried.
- 2. Whisk dressing ingredients in a small bowl.
- 3. Drain potatoes. Spread potatoes on a paper towel so they dry thoroughly.
- Fry potatoes in a skillet on a medium high heat in 1/2 cup extra virgin olive oil until browned on sides.
- 5. Add capers to potatoes in last few minutes of frying.
- 6. Layer arugula and then tomatoes on a large platter.
- 7. Top with potatoes and any hot oil.
- 8. Top with feta cheese, capers, and green onions.
- Salt and pepper, to taste. You can also drizzle a little more olive oil on top if needed.



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