



ADD GOOD FAT, AND TOSS The satisfying crunch of walnuts gives a helping of salad greens added dimension; the nuts have a natural affinity for arugula, spinach, endive, and watercress.

ARUGULA, POTATO, AND GREEN-BEAN SALAD WITH CREAMY WALNUT DRESSING

SERVES 8

- 1 ounce walnuts (about $\frac{1}{2}$ cup)
 - 2 tablespoons white-wine vinegar
 - 2 tablespoons nonfat plain yogurt
 - 1 teaspoon Dijon mustard
 - 1 teaspoon coarse salt
 - Freshly ground pepper
 - 2 tablespoons walnut oil
 - $1\frac{1}{2}$ pounds fingerling potatoes, cut crosswise into $\frac{1}{2}$ -inch-thick rounds
 - 6 ounces haricots verts or other green beans, trimmed
 - 3 ounces baby arugula
1. Preheat oven to 375°. Place walnuts on a rimmed baking sheet. Toast in oven until fragrant, about 8 minutes. Let cool slightly. Finely chop, and set aside.
2. Whisk together vinegar, yogurt, mustard, $\frac{1}{2}$ teaspoon salt, and the toasted

nuts in a small bowl; season with pepper. Add oil in a slow, steady stream, whisking until emulsified. Set dressing aside.

3. Bring a medium saucepan of water to a boil. Add potatoes, and cook until tender, about 10 minutes. Using a slotted spoon, transfer potatoes to a colander to drain. Set aside.

4. Prepare an ice-water bath; set aside. Return pan of water to a boil. Add green beans, and cook until tender and bright green, about 4 minutes. Using a slotted spoon, transfer to ice-water bath to stop the cooking. Transfer to a cutting board, and cut into 2-inch pieces.

5. Arrange arugula, potatoes, and green beans on a platter. Season with remaining $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Drizzle with dressing; toss to coat.

per serving:

122 calories 1 g saturated fat
5 g unsaturated fat 0 mg cholesterol
17 g carbohydrate 162 mg sodium
4 g protein 3 g fiber