

KC-Style Potato Salad

Ingredients:

- 3 pounds red potatoes, cut into 1/2-inch pieces
- 3 tablespoons Kansas City Dry Rub
- 1 1/2 teaspoons salt, divided
- 1/4 cup Kansas City Barbecue Sauce (like Gates Original)
- 3 tablespoons canola oil
- 2 tablespoons cider vinegar
- 2 teaspoons prepared mustard
- 1 cup finely chopped celery
- 1/2 cup finely chopped onion
- 1/4 cup finely chopped fresh parsley
- 1/2 teaspoon black pepper

Directions:

Place potatoes in a large saucepan; cover with water. Stir in Kansas City Dry Rub and 1-teaspoon salt. Bring to a boil. Reduce heat; simmer 15 minutes or until tender. Drain.

Combine Kansas City Barbecue Sauce (like Gates Original), oil, vinegar, and mustard in a large bowl; stir with a whisk. Add warm potatoes, and toss to coat. Add remaining 1/2 teaspoon salt, celery, onion, parsley, and pepper; toss to combine. Let stand 20 minutes; serve at room temperature.

Yield: 8 1-cup servings

Nutritional Information: Calories 187 (27% from fat); Fat 5.6g (sat 0.4g, mono 3.1g, poly 1.7g); Iron 1.5mg; Cholesterol 0.0mg; Calcium 33mg; Carbohydrate 31g; Sodium 342mg; Protein 3.6g; Fiber 3.5g

Kansas City Dry Rub

Use this sweet, smoky blend on steaks, pork tenderloin, pork chops, or chicken. Combine all ingredients. Store in an airtight container for up to one month.

- 1/4 cup paprika
- 2 tablespoons Spanish smoked paprika
- 2 tablespoons freshly ground black pepper
- 1 tablespoon brown sugar
- 2 teaspoons kosher salt
- 2 teaspoons garlic powder
- 1 1/2 teaspoons chili powder
- 1/2 teaspoon celery salt

Yield: 3/4 cup (serving size: 1 1/2 teaspoons)

Calories (0.0% from fat); Fat 0.0g (sat 0.0g, mono 0.0g, poly 0.0g); Iron 0.1mg; Cholesterol 0.0mg; Calcium 3mg; Carbohydrate 1.1g; Sodium 178mg; Protein 0.1g; Fiber 0.2g

Recipe Source: Cookinglight.com

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.