

Seasonal Eating
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Twist on Potato Salad Celebrates June Dairy Month
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The Bedford County Farmers Market opened last week and one table was filled with a large pile of red-skinned new potatoes. I love these little potatoes that need only a scrubbing to remove the dirt – no peeling in sight. They're good in so many ways you can eat them every night and never get tired of them. Try them roasted and smashed with a little rosemary and olive oil or boiled with a little butter on top, sliced in gratins bubbling from the oven or even grilled in packets with ground beef for a camp-fire dinner.



But June starts the picnic season and that means potato salad. And since it's June Dairy Month, let's twist it up with cheese and sour cream in a Ranch New Potato Salad. Jared Habel, 4-Her, is the June Dairy Month Chairman for Bedford County and would love for you to try some dairy products this month in all of your cooking.

Using some sour cream along with the mayonnaise in potato salad dressing gives it a tangy, creamy, refreshing flavor and texture. I also do this with the dressing for seven layer salad, using half mayonnaise and half sour cream. This potato salad dressing also has some zip with dry ranch dressing mix, fresh dill and fresh parsley for a flavorful twist on the traditional.

The potatoes are simply boiled in salted water until tender and then cut into wedges. For this salad twist, I did a play on potato skins with the additions of bacon, green onions, Cheddar cheese and green bell peppers. This is a potato salad that kids as well as adults will dig into and come back for more!

So check out the fresh new potatoes, whether red-skinned or white-skinned, and pair them with some dairy products for a celebration of summer.

For more seasonal eating recipes and information check out the Bedford County Extension website (bedford.tennessee.edu).

Ranch New Potato Salad

- 8 slices bacon, chopped
- 8 cups small new red potatoes
- 3/4 cup mayonnaise
- 3/4 cup sour cream
- 1 tablespoon dry ranch salad dressing mix
- 1 1/4 teaspoons finely chopped fresh dill weed (or about 1/2 teaspoon dried)
- 1 1/4 teaspoons finely chopped fresh parsley (or about 1/2 teaspoon dried)
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper

1 tablespoon reserved bacon drippings
3 green onions, sliced
3 tablespoons finely chopped green bell pepper
1/2 cup shredded Cheddar cheese

Cook bacon in a medium skillet until crispy. Remove to a paper towel, set aside, and reserve 1 tablespoon bacon drippings. Meanwhile, boil potatoes in salted water just until tender to a fork, about 20 minutes. Drain, cool slightly and cut into quarters or sixths depending on size. In a medium bowl, whisk together mayonnaise, sour cream, ranch mix, dill weed, parsley, salt, pepper and reserved bacon drippings. Pour over potatoes and fold together with onions, bell peppers, cheese and reserved bacon. Cover and chill until ready to serve.