

Choco Fever Dream

Mediterranean Potato Salad – Healthy Best Ever Recipe

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 1.5 lb Yukon Gold potatoes, diced
- [ ] 1 cup cucumber, seeded and diced
- [ ] 1 cup cherry tomatoes, halved
- [ ] ½ cup Kalamata olives, pitted and sliced
- [ ] ¼ cup red onion, finely chopped
- [ ] 2 tbsp fresh parsley, chopped
- [ ] 1 tbsp fresh dill, chopped
- [ ] ¼ cup extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 clove garlic, minced
- [ ] Salt and pepper to taste

Instructions

1. Bring a pot of salted water to a boil, add diced potatoes and cook until just tender, about 8-10 minutes. Drain and let steam off.
2. While potatoes are warm, whisk together olive oil, lemon juice, minced garlic, a pinch of salt, and pepper to form the dressing.
3. In a large bowl, combine potatoes, cucumber, tomatoes, olives, red onion, parsley, and dill. Pour the dressing over the mixture and toss gently to coat.
4. Taste and adjust seasoning, then let the salad rest for 10 minutes. Serve at room temperature or chilled.
5. Optional: sprinkle crumbled feta or extra herbs just before serving for added richness.

Nutrition per serving

250 kcal	5 g	30 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If using red potatoes, the skins add extra color and texture.
- For a richer flavor, let the salad sit covered in the refrigerator for an hour.
- Add a pinch of smoked paprika for subtle depth.