



Pineapple Potato Salad Recipe

Preparation Time	10
Cooking Time	15
Serving Size	15

Ingredients:

- 1 Tbsp pickle relish, sweet
- 1 Tbsp onion, red, chopped
- 1 tsp prepared mustard (optional)
- 1 cup mayonnaise
- 1 can DEL MONTE Crushed Pineapple (227g), drained

- 500 g kamote, boiled, cut into 1 x 1-inch cube
- 1 cup carrot, boiled, cut into 1 x 1-inch cube
- 500 g potato, boiled, cut into 1 x 1-inch cube
- 100 g Baguio beans, boiled, cut into 1x1 inch strips
- - salt, to taste
- - sugar, to taste
- - pepper, to taste

Preparation:

1. To make the salad dressing, combine pickles, onion, mustard, and mayonnaise then toss in DEL MONTE Crushed Pineapple.
2. Toss in the kamote, carrot, potato, and Baguio beans.
3. Season with salt, sugar, and pepper to taste.

Chef's Tip

Avoid overcooking your vegetables. After blanching, drop the beans in ice-cold water to stop cooking. This will keep the vegetables crisp and brightly colored.

Lusog Notes

This dish is high in vitamin A that helps protect one from infections and promotes normal growth and development. It is also high in vitamin C, which is important for the normal structure and functioning of body tissues.

Cooking Skills Needed

- Mixing
- Boiling

Cooking Tools

- Pot
- Chopping Board