Pomegranate Potato Salad

Description

Pomegranate and Potato Salad is a delicious and easy potato salad combination. I use a creamy yogurt instead of mayonnaise to make light and healthy. The pomegranate adds a burst of fruit flavor that will perk you up.

Summary

Yield: 4
Prep Time: 45 minutes
Category: Salads
Cuisine: Persian
Tags: pomegranate, potato salad

Ingredients

- 1 pomegranate, medium
- 4 potatoes, medium, boiled and peeled
- 1 red onion, finely sliced
- 1/2 cup fresh cilantro, chopped
- 3 tbsps plain yogurt
- kosher salt, to taste
- fresh ground black pepper, to taste

Instructions

Extract the seeds from the pomegranates and put in a medium sized glass bowl.

Pomegranates can take a little work. With a sharp knife, cut the crown off the top of the pomegranate. You want to break the pomegranate into quarters. Make two shallow cuts in the skin around the circumference of the fruit, one from top to bottom, and the other around the center. Break the pomegranate in halves, and then break each half into quarters.

With each quarter, push the skin to let the seeds fall out into the bowl. Pick the remaining seeds out with your fingers. Each medium sized pomegranate should yield about one cup of seeds. Be sure to discard any of the white membrane which is bitter an unpleasant to taste.

Cut the boiled potatoes into bite-sized pieces. Combine the boiled potatoes in the bowl with the pomegranate seeds. Add the yogurt, red onions, cilantro. Add the kosher salt and ground pepper to taste. Mix thoroughly with a wooden spoon.

Chill in the refrigerator for 20 minutes before serving.

Notes

For the best flavor and texture, I like to use a Greek style plain yogurt. Greek yogurt has a creamier texture, but still firm (not too much liquid). Works great for this pomegranate and potato salad mixture.