

Treasure Barrel

Mediterranean Potato Salad – Best Ever Healthy 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 baby potatoes, halved
- [ ] 1/3 cup Kalamata olives, pitted and sliced
- [ ] 1/4 cup extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tbsp lemon zest
- [ ] 2 tbsp chopped fresh parsley
- [ ] 2 tbsp chopped fresh dill
- [ ] Salt and black pepper to taste

Optional Add-Ins

- [ ] 1 tsp sumac (for a tangy lift)
- [ ] 1/4 cup crumbled feta cheese
- [ ] 2 tbsp toasted pine nuts

Instructions

1. Place the baby potatoes in a large pot, cover with cold water, add a pinch of salt, and bring to a boil.
2. Cook until just tender, about 10-12 minutes; drain and let cool slightly.
3. While the potatoes warm, whisk together olive oil, lemon juice, zest, salt, and pepper in a bowl; this creates the bright dressing.
4. Toss the warm potatoes with the dressing, ensuring each piece gets a glossy coat.
5. Fold in the olives, parsley, and dill; sprinkle sumac or feta if using, then let the salad rest 15 minutes before serving.

Nutrition per serving

210 kcal	4 g	28 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra brightness, drizzle a little more lemon juice just before serving.
- If you prefer a richer texture, substitute half the olive oil with a light Greek yogurt.
- Avoid over-mixing; a gentle toss preserves the potato’s texture.