Fresh Vegetable and Potato Salad

1 cup yellow sweet corn (2 ears) 1/2 teaspoon Tabasco sauce
2 pounds red potatoes with skin 1/2 teaspoon Kosher salt
2 1/2 Tablespoons extra virgin olive oil 1/2 teaspoon black ground pepper
2 Tablespoons fresh tarragon 3/4 cup sliced red onion
2 Tablespoons cider vinegar 3/4 cup chopped squash, zucchini w/skin
2 Tablespoons Dijon mustard 1 cup fresh red cherry tomatoes

Preheat oven to 425 degrees F.

Place corn and potatoes on a jelly-roll pan (cookie sheet). Drizzle with 1 Tablespoon oil; toss to coat. Bake at 425 degrees for 30 minutes or until potatoes are tender. Place mixture in large bowl. Combine tarragon and next 5 ingredients (through pepper) in a small bowl, stirring with a whisk. Gradually add remaining 1 1/2 Tablespoons oil, stirring constantly with a whisk. Drizzle potato mixture with dressing; toss gently to coat.

Heat a large skillet over medium heat. Coat pan with cooking spray. Add onion and zucchini to pan; cook 4 minutes or until lightly browned, stirring occasionally. Add zucchini mixture and tomatoes to potato mixture; toss gently to combine.

Serves: 6
Cost per serving: $1.07

Nutrition facts per serving
Calories: 200
Total Fat: 6 g
  Saturated Fat: 1 g
  Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 300 mg
Total Carbohydrate: 33 g
Protein: 4 g
Fiber: 4 g