



Potato and Beet Salad

★★★★☆

This Potato and Beet Salad is super-rich, hearty, and full of flavor! It's the perfect spin on traditional potato salad. The distinct and satisfying flavors of the potatoes and beet blend perfectly in this salad.

Course Salad, Side Dish

Cuisine	Venezuelan
Prep Time	15 minutes
Cook Time	1 hour
Total Time	1 hour 15 minutes
Servings	6 servings
Calories	514kcal
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Ingredients

- 1 1/2 - 2 lb (680 - 900 g) potatoes (see notes)
- 2 tablespoons olive oil, divided
- 4 medium beets
- 1 large shallot or 1/4 small onion, minced
- 1 cup green peas, (see notes)
- 1 cup sweet corn, (see notes)
- 1/2 cup queso fresco, crumbled (optional)

For the Dressing:

- 1 cup mayonnaise, or more to taste (I used eggless homemade mayo)
- 1 tablespoon apple cider vinegar
- 2 teaspoons yellow mustard
- 1 tablespoon fresh dill and some more for garnish (optional)
- Salt and pepper to taste

Instructions

Cook the Potatoes and Beets:

1. Place the potatoes in a large pot. Fill the pot with **cold** water until it is 1 inch over the top of the potatoes. Set the pot over medium heat and bring to a boil. Cook until just tender, about 15 - 20 minutes. Drain. When warm, remove the loose peels and chop the potatoes into 1/2-inch chunks. Drizzle 1 tablespoon of olive oil and toss to cover. Set aside.
2. Cook the beets over medium heat for 45- 60 minutes, or until fork-tender in a separate pot. The cooking time will depend on the size of the beets. Drain and let them cool slightly. Peel and cut into 1/2-inch cubes. When still warm, drizzle 1 tablespoon of olive oil and toss to cover. Set aside.

Make the Dressing:

1. In a small bowl or measuring cup, whisk together the mayonnaise, vinegar, mustard, dill, salt, and pepper. Taste and adjust salt, if necessary.

Assemble the Salad:

1. Mix cooked potatoes, beets, shallot, green peas, and corn in a large bowl. Gently mix in the dressing until it coats the potatoes well.
2. Cover the potato salad and refrigerate for at least 2 hours. If you have time to make it ahead, it tastes even better the next day!
3. Just before serving, garnish with more fresh dill and crumbled queso fresco, if desire.

Notes

STORE in an airtight container in the refrigerator for up to 5 days. This recipe is NOT freezer-friendly since the thawing process will change the texture of the potatoes, and the dressing will not be as creamy.

BEST POTATOES FOR POTATO SALAD

With so many varieties of potatoes to choose from, it can be a bit daunting to figure out which one to use for potato salad. The type of potatoes you choose will affect the texture and consistency of

your salad. So, the type of potatoes you should use will depend on what consistency and texture you are looking for in your salad.

- **CREAMY:** For a creamy salad, I recommend using **Russet Potatoes**. They have a higher starch level, and when they cook, they fall apart, which helps create a creamy potato salad.
- **HEARTIER AND BUTTERY:** For a heartier consistency, use waxy potatoes, like **Yukon golds**. They have less starch than Russet, so your salad will be less creamy.
- **DENSE AND CHUNKY:** For a dense and chunkier consistency, use **Red potatoes**. They retain their shape well when boiled, and a thin skin also means that peeling is optional.

QUICK TIPS:

- I usually don't add salt when cooking the potatoes, but if you want to add some salt, you can add 1/2 – 1 tablespoon of kosher salt once the water starts boiling.
- I like to cook my potatoes whole to avoid that they absorb more water when booking.
- You can use canned or frozen sweet peas and corn. If using frozen, place the peas and corn in a non-metallic microwaveable container. Add 2 tablespoons of water (30 ml). Cook on full power for 3-4 minutes. Drain and let them cool. If using canned, drain them well and use as instructed in the recipe.

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Please note that nutritional information is a rough estimate and it can vary depending on the products used.

Nutrition

Calories: 514kcal | Carbohydrates: 42g | Protein: 8g | Fat: 36g | Saturated Fat: 6g | Polyunsaturated Fat: 18g | Monounsaturated Fat: 10g | Trans Fat: 1g | Cholesterol: 23mg | Sodium: 386mg | Potassium: 968mg | Fiber: 7g | Sugar: 9g | Vitamin A: 386IU | Vitamin C: 44mg | Calcium: 97mg | Iron: 2mg