

Insalta Russa

Serves 4-6

Ingredients

2 large red-skin potatoes, scrubbed
4 medium size carrots, diced
1 cup fresh or frozen peas
4 hard-boiled eggs, 2 cut into small pieces and 2 into quarters
¼ cup minced parsley
4 sweet cucumber pickles, diced
½ cup diced green or black olives (Cerignola or small Gaeta)
2 Tbsp capers, well rinsed and drained
1 cup mayonnaise (regular or low-fat) **See Note.**
Salt and pepper to taste



Directions

1. Cook the potatoes to al dente by your preferred method. Peeling is optional. Potatoes can be diced either before or after cooking. Place in bowl.
2. Carrots can be cooked to al dente or left raw for more crunch.
3. Add the carrots to the potatoes along with the peas, chopped eggs, parsley, pickles, olives and capers. Gently fold in the mayonnaise and salt and pepper to taste.
4. Optional: Line a quart glass bowl with plastic wrap leaving an overhang. Fill the bowl with the salad, pressing it firmly. Cover the top of the bowl with the overlapped plastic wrap and refrigerate for at least 2 hours.
5. When ready to serve, unwrap the salad and invert it onto a round platter.
6. Decorate the top with egg quarters and a dollop of mayonnaise.
7. Note: The Italians usually make their mayonnaise either partially or totally with olive oil. You can approximate this by whisking in a bit of EVOO into the mayonnaise.

