



---

## Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

---

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

---

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation  
Tax ID #27-3820181*

***If Veteran's don't help Veteran's, who will?***

We appreciate all donations to continue to provide information and services to Veterans and their families.

[https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=WGT2M5UTB9A78](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78)

---

**Note:**

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



# King Crab and Potato Salad

**Prep Time:** 25 mins

**Cook Time:** 13 mins

**Total Time:** 38 mins

## Ingredients

- 3/4 pounds beans, green, trimmed
- 1 1/2 pounds potato(es), red, cut into eighths
- 1 3/4 pounds crab legs, steamed, shelled, king crab, (thawed if frozen), meat removed and cut into 1-inch pieces
- 3 stalk(s) celery, thinly sliced
- 6 whole radish(es), halved and thinly sliced
- 1 small onion(s), red, diced
- 1 clove(s) garlic, crushed
- 3 tablespoon lemon juice
- 2 tablespoon vinegar, white wine
- 1 tablespoon mustard, Dijon
- 5 tablespoon extra-virgin olive oil
- 2 tablespoon basil, fresh, minced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper, black ground

## Preparation

1. Bring a large pot of water to a boil. Add beans and cook until bright green, 2 to 3 minutes. Transfer to a colander using a slotted spoon; refresh under cold water.
2. Add potatoes to the boiling water. Cook until tender when pierced with a fork, 8 to 10 minutes. Drain in a colander; refresh under cold water until room temperature.
3. Toss the green beans and potatoes with crab, celery, radishes and onion in a large bowl.
4. Whisk garlic, lemon juice, vinegar and mustard in a small bowl; slowly whisk in oil. Whisk in basil, salt and pepper. Discard the garlic; pour the dressing over the salad and toss to coat.

