

MYX RECIPE

NAME: MYX Potato Salad

INFO: A delicious Grain Free, Lectin Free, Sugar Free Potato Salad, with the refreshing flavors of lemon, rosemary, dill and dijon. Using regular potatoes that are pressure cooked to nix the lectins make this a Plant Paradox delight!!!

INGREDIENTS:

Yield: 8 - 10

2 LB Red Potatoes

1 Lemon (use for both juice and zest)

¼ cup Green Onion or Shallots cut very thin

¼ cup Parsley chopped

¼ cup Celery finely chopped

2 tsp Fresh Rosemary (minced)

2 TBL Fresh Dill Torn into small pieces, stems removed)

1 TBL Dijon

3 TBL Mayo*

3 TBL Olive Oil

1 tsp Himalayan Salt

1 tsp Organic Ground Pepper

INSTRUCTIONS:

Wash the potatoes and poke a few times with a sharp knife. Using your pressure cooker, place the rack on the bottom and fill the pressure cooker with 2 cups of water, the potatoes should not be submerged in water (assure the water level is below the rack). Set the pressure cooker to high heat for 6 minutes, when finished manually release steam, remove pot and rinse in cold water to stop the cooking. It's not necessary to remove the skin, but if there are some loose skins that are easy to remove it's best to remove this will eliminate too much skin in the salad.

Cut the potatoes into ½" cubes and throw into a bowl. In another small mixing bowl, mix the juice of ½ a lemon plus zest of the whole lemon along with the onion, celery, rosemary, dijon mustard, mayo, olive oil, and S&P. Mix together well, then add mixture to the potatoes and mix again until evenly coated. .

Stir in parsley and dill and if needed, add more S&P and lemon juice to taste. Then serve.

*See MYX Mayo recipe on blog or use an approved vegan, avocado or other Mayo substitute