

RECIPE

# Healthy Potato Salad



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Grace Functional Nutrition

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## Ingredients

- 2 lbs small red potatoes, scrubbed clean
- 4 celery stalks, chopped
- One bunch green onions, thinly sliced
- ½ cup fresh herbs (parsely, dill, chives)
- ¼ cup extra virgin olive oil
- 1 avocado
- 1 tsp onion powder
- ½ tsp garlic powder
- 2 Tbs lemon juice
- 1-2 tsp dijon mustard
- 1 Tbs + ½ tsp salt (more to taste)

## Preparation

1. Bring a large pot of water to boil, add 1 Tbs salt and potatoes and boil for 15-20 minutes (or until potatoes can easily be pierced through).
2. Remove potatoes, rinse with cold water, and set aside to cool.
3. Once cool, chop into 1 inch pieces, and add to a large bowl with celery, green onions, and half of the fresh herbs (¼ cup).
4. Combine dressing ingredients in a food processor or blender: olive oil, avocado, ¼ cup fresh herbs, onion powder, garlic powder, lemon juice, dijon mustard, and ½ tsp salt.
5. Process or blend until mixture is a thick, homogeneous consistency.
6. Pour dressing mixture over potato salad, and stir thoroughly until everything is evenly coated.