

# Gut Friendly Potato Salad

## Ingredients

½ cup red pepper (dice small)  
1 cup celery (diced small)  
¾ cup green onions (chopped thin)  
½ cup \*raw fermented dill pickles (chopped small)  
5 cups cooked cooled potatoes (skin off, chopped medium)  
1/3 cup parsley (chopped)  
2 hard boiled eggs (peeled and smashed with a potato masher)

## Dressing

¼ cup fresh dill (chopped)  
1 ½ teaspoons garlic (minced)  
½ teaspoon onion powder  
1 ½ teaspoons raw honey  
½ cup grass fed sour cream  
¼ cup plain grass fed yogurt (thick Greek style version if possible)  
1 tablespoon raw apple cider vinegar  
½ teaspoon salt  
1 teaspoon Dijon  
pepper to taste

## Method

Peel and cut your potatoes, simmer for about 10 minutes or until they are tender and ever so slightly break apart with a fork.

Meanwhile the potatoes are cooking, prep the rest of your potato salad ingredients and add them to a large bowl and set aside.

Next, make your salad dressing, use a mason jar and hand blender, add all of your ingredients except the freshly chopped dill and blend together. Stir in the dill and add salt and pepper to taste.

Once the potatoes are done, strain them and add them back into your pot. Add about ½ teaspoon of salt to the potatoes while they are still warm, put the lid on the pot and just shake the pot around to break up the potatoes a little and mix them with the salt. (This does make a difference in the final product)

Once the potatoes have cooled, add them to your bowl with the other ingredients and then toss with as much dressing as you would like.

\* I use Bubbies dill pickles

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