

Old Fashioned Potato Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Serving Size: 4 ounces

Ingredients	Quantity	Measure
Russet potatoes, diced medium	2	pounds
Water	1	quart
Dill pickles, diced small	1/8	cup
Yellow onion, diced small	1/2	cup
Celery, chopped small	1/4	cup
Salt, divided	1	teaspoon
Black pepper	1/2	teaspoon
Egg-free mayonnaise	1	cup
Yellow mustard	1/8	teaspoon

Preparation

1. Add chopped potatoes to a 2-quart pot with one quart of water and 1/2 tsp of salt. Bring water to a boil. Boil until potatoes are very tender, about 10 minutes. Drain and place in a large mixing bowl.
2. Add dill pickles, onion, celery, 1/2 teaspoon salt and pepper to the large bowl with the cooked potatoes.
3. Toss and add mayonnaise and mustard. Mix together until well combined.
4. Taste and adjust seasoning as needed.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 238 Total Fat: 20g Saturated Fat: 2g Monounsaturated Fat: 12g Polyunsaturated Fat: 2g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 12g Fiber: 2g Total Sugar: 1g Protein: 2g Sodium:
584mg Vitamin A: 1µg Vitamin C: 13mg Calcium: 20mg Iron: 1mg Folate: 15µg

