

Guilt-free green potato salad

Dietary Needs: Gluten-Free / Dairy-Free / Vegan / Vegetarian

Prep Time: 40 minutes


Difficulty Level: Easy




Servings: N/A

Overnight yes/no: No



Ingredients:

 Available for purchase in the PureFormulas Store

- 6 organic yukon potatoes
- 1 ripe avocado
- 2 tbsp of mustard
- 2 tbsp of red onion
- Dill weed
- 2 tsp of apple cider vinegar 
- Salt 
- Black pepper 

Directions:

1. Bring water to boil in a large pot.
2. Clean off and dice potatoes.
3. Once water begins to boil, add potatoes.
4. Allow to cook for about 15-20 minutes.
5. While potatoes are cooking, cut up the red onion.
6. Once the potatoes are done cooking, drain and add to a large mixing bowl.
7. Cut the avocado with your non-metal knife, and add the pieces to a separate bowl.
8. Add the apple cider vinegar to the avocados, and begin to mash with a fork or potato masher.
9. Once completely mashed add to the mixing bowl with the cooked potatoes - also add the diced onion, and mustard.
10. Mix everything together.
11. Add dill weed, salt, and pepper to taste.
12. Serve and Enjoy!