

French Potato Salad

Prep Time: 30 minutes

French Potato Salad Recipe:

3 cups potatoes (4 or 5 medium)
2 tbsp lemon juice
2 tbsp extra virgin olive oil
1/8 tsp Celtic Sea Salt (optional)
Pinch of cayenne pepper
2-3 tbsp chopped green onions, including tops
1 tsp herb seasoning
1/4 cup vegetable soup stock
1/8 tsp dry mustard

Instructions:

Boil potatoes until tender, peel, and slice into thin circles. (Do not dice.) Combine all remaining ingredients except 1 tbsp of chopped green onions. Mix well and pour over potatoes. Mix very gently to prevent potatoes from breaking. Garnish with green onions. Place in a bowl, cover and serve at room temperature.

Cheats: If keeping overnight, store in refrigerator and allow to reach room temperature again before serving.

We get our produce from:



www.freggies.com

For more information on eating and living healthy, visit: www.hope4health.org