

Herbal Legacy Recipes

Very Veggie Potato Salad

INGREDIENTS:

- 6 medium potatoes (2 lbs.) peeled and cubed, boiled for ten minutes in salted water, then cooled
- 1-2 cucumbers chopped
- ½ bunch green onions chopped
- 2 cups fresh or frozen corn kernels
- 1 cup chopped celery
- ½ cup chopped red bell pepper
- ¼ cup red onion minced
- 2-3 cloves crushed garlic
- 1-3 teaspoons apple cider vinegar add to taste
- 1 cup Almonnaise or other mucusless salad dressing
- Organic Baby Salad Greens
- Sea Salt and Pepper

DIRECTIONS:

Prepare potatoes. Meanwhile, chop other vegetables and place them in a large bowl. Then in a separate smaller mixing bowl, prepare dressing by mixing together red onion, garlic, apple cider vinegar and Almonnaise. After potatoes have cooled, add them to other vegetables and stir in dressing. Add Sea Salt and Pepper to taste. If you're feeling very brave, add a dash of cayenne pepper in place of the black pepper. Chill for 6-24 hours or eat right away. Serve over a bed of organic baby salad greens.

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