

## Best Potato Salad

What would a picnic be without potato salad? This recipe eases down the mayonnaise by using calorie-free vinegar to help flavor the warm potatoes before adding the rest of the ingredients. And save yourself a step by keeping the potato peels on for added fiber! Plan on one potato per serving if they're medium; 1/2 if they're large. This recipe makes 10 servings.

- 10 medium or 5 large potatoes (Yukon gold or red potatoes work well)
- 4 tablespoons of your favorite mayonnaise
- 1 medium red onion, diced
- 3 tablespoons white vinegar
- Salt and pepper
- 2 hard boiled eggs, chopped
- 20 sliced green olives
- 2 tablespoons fresh chopped parsley

Cook potatoes whole, if medium, and cut in half, if large. Fully cover with water and boil. You'll know they are done when a fork easily pierces the outside but the potatoes still feel somewhat firm on the inside; 15–20 minutes is good. Be careful not to overcook. Drain and cool; they will tend to cook a bit while cooling. While potatoes are still slightly warm, cut into one-inch cubes and sprinkle with vinegar. When fully cooled, mix in mayonnaise, parsley, olives, eggs and red onion. Salt and pepper to taste. It tastes even better if made the day before your event and allowed to sit in fridge overnight.

Source: Bastyr Center for Natural Health, recipe courtesy of Denise Linehan