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Low Sodium Potato Salad

Serves 4

Ingredients:

- 2 lbs. small yellow, red, or white potatoes
- 1 TBSP apple cider, wine, or rice wine vinegar
- ½ cup sour cream
- ¼ cup mayonnaise
- 1 TBSP Dijon or whole grain mustard
- ½ medium red onion, finely chopped (about ½ cup)
- 3 celery stalks, finely chopped (about ½ cup)
- ¼ cup chopped fresh herbs (parsley, dill, chives, tarragon, or cilantro)
- a pinch of sea salt and freshly ground black pepper

Preparation:

1. Add potatoes to large pot and cover with 1 1/2 inches of water. Season with salt — use ½ teaspoon for every quart of water. Bring the water to a boil then reduce to a low simmer. Cook 15 to 20 minutes or until potatoes can easily be pierced with a fork.
2. Meanwhile, set up an ice bath. Add cold water to a medium bowl filled with ice.
3. In a small bowl, combine vinegar, sour cream, mayonnaise, mustard, onion, celery, herbs and a pinch of salt and pepper. Set aside.
4. Drain the potatoes and add to the ice bath. Once cool, peel potatoes by gently pinching the skin and pulling it away.
5. Chop peeled potatoes into bite-size chunks then add to a large bowl. Carefully fold in the creamy vegetable mixture until all potatoes are coated.



Food Fairy Note:

Adapted from: *Potato Salad*, The Food Fairy

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