

RECIPE

Potato Salad



Ready in **20 minutes**

Serves 6

Ingredients

- 4 cups baby potatoes, washed and skins on
- 1 bay leaf
- $\frac{3}{4}$ cup minced celery
- 3 Tbsp rice wine vinegar
- $\frac{1}{4}$ c diced sweet purple onion
- 1- 2 tsp seasoned salt
- 1 cup mayo
- Chopped green onions for garnish

Preparation

1. In a medium pot, cover potatoes with water, add 1 bay leaf and pinch of salt. Bring to a boil and cook until soft, about 10 minutes.
2. Prepare remaining ingredients while potatoes are boiling.
3. Drain potatoes, cool slightly, remove bay leaf.
4. While still very warm, chop potatoes in bite sized pieces. I leave the skins on, it adds fiber and adds more nutrients.
5. While still warm, add vinegar and salt. The warmth brings the vinegar into the potatoes and if you use sea salt (like I do) it melts the salt. Let cool for 10 minutes.
6. Add remaining ingredients and mix well. I usually add 1 teaspoon of salt, taste it and add more if needed.
7. Place in a serving bowl, garnish with green onions.

Tips

I always cut my green onions on a slant, it adds more beauty to the dish.

Optional - Add 3 chopped boiled eggs.

Optional naughty ingredients -

Add ½ cup of crumbled crispy bacon and ½ cup shredded parmesan cheese.

Spiritual message in this recipe

Pouring the vinegar over the potatoes helps them to absorb and incorporate the flavor. We're like that too - we need to be warm (open) in order to absorb ideas and blessings.