



RED OR YUKON GOLD POTATO SALAD

8 Serving / 30 Minute Prep Time

INGREDIENTS

4-5 / Organic Red or Yukon Gold Potatoes

3 / Organic Free Range Eggs

1 Cup / Organic Celery (diced)

½ Cup / Organic Sweet Onion

½ Cup / Organic Sweet Green Tomato Relish

¼ Tsp / Organic Garlic Salt

¼ Tsp / Sea Salt

1 Tbsp / Organic Yellow Mustard

½ Cup / Organic Mayonnaise

Dash / Organic Ground Black Pepper (to taste)

DIRECTIONS

Step 1: Boil Potatoes in salted water. Cook until tender but firm (about 15 minutes). Drain, cool and dice into small pieces.

Step 2: Place eggs in small saucepan with cold water. Bring to a boil, cover and remove from heat, allowing eggs to remain in water for 10 to 12 minutes. Remove, cool, peel and slice.

Step 3: In large bowl combine and mix potatoes, celery, onion, relish, garlic salt, sea salt, mustard, pepper and mayonnaise. Place hard boiled eggs on top. Refrigerate until chilled.

SHOPPING LIST

Item 1: Organic Red or Yukon Gold Potatoes

Item 2: Organic Celery

Item 3: Organic Sweet Onion

Item 4: Organic, Free Range Eggs

Item 4: Organic Mayo, Mustard, Relish

Item 5: Sea Salt, Garlic Salt, Pepper

BENEFITS

This homemade side dish is a great compliment to any grilled entrée or eaten by itself. It supports gut health and digestion, bolsters your immune system, feeds your cells, supports heart health and protects against many disease processes.

NUTRIENTS

Nutrients in this juice include Antioxidants, B-Vitamins (Folates, B6, Thiamin, Riboflavin, Pantothenic Acid), Vitamins A C, D, E and K, Calcium, Choline, Copper, Magnesium, Manganese, Selenium, Sodium and Potassium. It is also an excellent source of phytonutrients and fiber.



FOOD NOTES

Organic Red or Yukon Gold Potatoes (with skin) are an excellent source of Vitamin C, B-Vitamins (especially folates and B6), Potassium, Manganese and fiber. They are great for immune support, cell health, improved digestions, blood pressure management (due to potassium) and heart health and increased energy (complex carbohydrates).

Organic Celery contains Vitamin C, Beta Carotene, Flavonoids and antioxidants. It's a source of phytonutrients, which reduce inflammation in the digestive tract, cells, blood vessels and organs.

Organic Sweet Onion are high in potassium, folates and B6 and contain antioxidants and compounds that reduce risk of heart disease by fighting inflammation and lowering triglyceride and cholesterol levels. The quercetin and fisetin, flavonoid antioxidants with anti-inflammatory properties, help lower high blood pressure while reducing risk of tumors. High levels of Vitamin C help regulate immune health, collagen production and iron absorption and allium, an anti-cancer compound, is known to help lower risk of stomach and colorectal cancer.

Free Range Eggs are rich in Vitamins A, D, E, K, B1 Thiamin), B2 (Riboflavin), B5 (Pantothenic Acid), B6, B9 (Folic Acid) and B12. Egg yolks are also high in choline, with important and diverse functions in cellular maintenance and growth across all life stages. Choline plays a role in neurotransmission, brain development and bone integrity.

Sea Salt has 84 trace minerals that nourish and strengthen your body. Sea salt, versus table salt, is important in keeping your body hydrated. It also reduces fluid retention that causes bloating, balances electrolytes, prevents muscle cramps, is good for skin health, nourishes the adrenal glands, regulates blood pressure and reduces inflammation (due to high mineral content) and improves digestive health.

Organic Yellow Mustard are rich in minerals including copper, calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, manganese and selenium. They are an excellent source of Vitamins C and K, thiamin, riboflavin, B6 and folic acid and are high in dietary fiber, antioxidants and polyunsaturated fatty acids making them a great addition to condiments and cooking.

Organic Heirloom Green Tomatoes (in sweet relish) are a good source of vitamins A, C, E and potassium. They also contain iron, calcium, dietary fiber, magnesium, and other minerals. Unripe (traditional red) tomatoes are not a good source for nutrients since they are not fully ripe and are not recommended. Heirloom varieties, like Green Zebras and Green Moldavians, are naturally green with stripes or green color variations and distinguishable from unripe red tomatoes.