

Summer Potato Salad

This potato salad was inspired by one of my best friends Kerry. It is low fat and perfect for hiking or summer picnics.

Prep:
10 minutes

Cook:
20 minutes

Ready In:
30 minutes

Servings:
4



Ingredients

6-8 pre-steamed and cooled yellow or red potatoes

1/2 cucumber, chopped

1/4 red onion, minced

15-20 cherry tomatoes, sliced

10-15 kalamata olives, chopped

Dressing

2-3 tbsp white wine vinegar

1-2 tbsp dijon mustard

1 tbsp maple syrup

1 tsp dry dill or add any fresh herbs you like

1/2 tsp salt

Juice of 1/2 lemon (optional)

Instructions

1 Chop your potatoes and add them into a large mixing bowl. If you don't have pre-steamed potatoes in the fridge you will want to place 1/2 to a full 5lb bag of red or yellow potatoes in a steamer tray over a large pot of boiling water and let steam until soft, usually 15-20 minutes. You can also do this in your instant pot on the pressure cook setting for 5 minutes and let it naturally release. Place the potatoes in a bowl (uncovered) in the fridge to cool.

2 Add in the rest of your chopped veggies. You can use whatever veggies you like in this. Bell peppers are really good as well as artichokes, capers, sun-dried tomatoes etc. Mix the veggies with the potatoes.

3 In a small bowl whisk together your dressing ingredients and pour over top of the potato salad. This will keep in the fridge for 3-4 days and is best served cold.