

# PLANTLIFEFORWARD

## Avocado Red Potato Salad

Created on Friday, April 29, 2016

- \*7 medium sized red potatoes
- \*4 quarts of water
- \*1/2 cup black or green olives, sliced or pre sliced
- \*2 avocados, cut into cubes
- \*1 small onion, shredded or cut small
- \*1/2 cup shredded carrots
- \*1 cup non-dairy vanilla soymilk
- \*2 Tablespoons organic chia seeds
- \*1 Tablespoon of Braggs Liquid Amino Acid
- \*2 Tablespoons organic olive oil

Spices 1/4 teaspoon of each:

- \*cayenne
- \*turmeric
- \*kelp salt

### Cooking equipment:

- \*1 large deep pan
- \*sieve
- \*large plastic or glass bowl
- \*vegetable brush
- \*knife
- \*cutting board
- \*fork or potato masher

>wash potatoes under running water in sink and use vegetable brush to clean

>place cleaned potatoes in deep pan

>fill water in deep pan over top of potatoes, about 4 quarts

>set pan filled with potatoes and water on stovetop on high heat

>boil potatoes until soft enough to stick fork through, about 20 minutes

>turn off stove, remove pan and drain potatoes pouring water and potatoes through sieve

>allow potatoes to cool enough to touch inside sieve about 20 minutes (or in rush use a spoon to remove hot potatoes from sieve into a bowl and place bowl in refrigerator for about 10 to 15 minutes)

>while potatoes are cooling down to touch, take cutting board and cut Avocado, onions, and carrots and set aside

>take cutting board and place cooled to the touch potatoes and with knife cut into small chunks

>place chunks of cooked red potatoes into large bowl and add soymilk, avocados, olive oil, chia seeds, carrots, onions, olives, Braggs liquid amino, and spices

>with either potato masher or the fork stir all ingredients and press potatoes together

>the potatoes will have some lumps, but all ingredients are mixed well into potatoes

>can be served immediately or cover bowl and place in refrigerator to eat later

Enjoy!

See more recipes at <http://www.butterflyjourney.org/id119.html>

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