



Dill Pickle Potato Salad



prep time
15 minutes



total time
35 minutes



servings
4 to 8

Ingredients

- 3 cups cooked potatoes, small cubes about 3-4 medium potatoes ~ 6 to 8 servings of carb
- 1/4 cup mayo (see instructions below) ~ 4 servings of fat
- 1 tsp dried dill weed
- 1 Tbsp mustard
- 1/2 tsp sea salt
- 1 tsp vinegar
- 3 scallions, diced
- 6 small dill pickles, no sugar added ~ 1 serving of veggies
- 1/2 lemon, freshly squeezed

Instructions

MAYO PREPARATION INSTRUCTIONS (MAKES 20 SERVINGS OF 1 TBSP EACH):

- 1 Break egg and add lemon juice into your immersion blender container. Leave to sit at room temperature for 30 minutes to 2 hours.
- 2 Add 1/4 cup of oil to the container. Blend until ingredients are combined.
- 3 Pour the remaining 1 cup of oil extremely slowly...the smallest drizzle at a time while blending together. This may take 2 to 3 minutes. You will eventually see the consistency of the mixture become more mayonnaise-like (if it doesn't, you may have added the oil too quickly.)

SALAD INSTRUCTIONS:

- 1 Wash and peel potatoes, cut to small cubes. In a large saucepan, place the cubed potatoes and enough water to cover the potatoes. Over medium-high heat, bring to a boil.
- 2 Reduce heat to medium and continue with a soft boil for 20 minutes or until potatoes are just beginning to soften. Remove from heat, drain water from

potatoes using a colander.

- 3 Place cooked potatoes in a glass bowl and cool in the fridge (place in the freezer for 10 minutes for a quick way to cool them down).

- 4 In a medium bowl, combine mayo, dill weed, mustard, sea salt, lemon juice and vinegar. Pour over cooled potatoes, folding together with a large wooden spoon. Mix in chopped pickles. Sprinkle the scallions on top.



Whole Recipe Breakdown:

Protein: 0 servings
Carb: 6 to 8 servings
Fat: 4 servings
Veggies: 1 servings