

Potato Salad

The most substantial of the salads.

Ingredients for Potato Salad:

2 pounds potatoes, any variety
10 cloves garlic
1/4 red bell pepper (about 5 strips)
2 slices sweet onion
1 green onion, chopped
1 tsp dried parsley
2 – 3 tbsp mayonnaise
salt & pepper



NOTE: A different addition to this garlicky version of Potato Salad is 1 teaspoon curry powder. A little kick and a pop of flavor!

Directions:

1. **Prepare the potatoes.** Wash and (mostly) peel potatoes. Cut into 1/2 inch cubes. Cover cubed potatoes with water and bring to a boil. Cover and reduce heat to a simmer. Cook for 10-15 minutes, until fork tender but not mushy. Drain and allow to cool.
2. **Prepare the vegetables.** Toss garlic (still in skin), sweet onion and red bell pepper with olive oil and place on a hot grill or preheated skillet. Grill (or pan roast) to desired char-level. Push softened garlic from skin. Finely chop garlic, red bell pepper and onion.
3. **Build the salad.** In a bowl, gently toss cooled potatoes with mayonnaise. Add salt, pepper, chopped grilled vegetables, chopped green onion and dried parsley. Season with salt and pepper. Gently combine all ingredients and taste for seasoning and creaminess.

TIP: If making potato salad in advance, keep in mind that potatoes absorb salt and moisture. Therefore, add a little more salt and mayonnaise than would be needed if serving immediately. As a rule of thumb, taste for seasoning and texture just before serving.

This recipe makes **four cups** Potato Salad.