

Healthy Potato Salad

If you have been reading www.lifetimefatloss.com you know that a healthy potato salad is low glycemic because when the potatoes are chilled, resistant starch is created. It is made from red potatoes because they are higher in nutrients than other potatoes. Resistant starch occurs when some complex carbohydrates, like rice and potatoes are cooked and then chilled. It is starch that “resists” digestion enough to make it slow burning so it keeps your blood sugar level. Your appetite suppressing hormone rises and you stay fuller longer which makes it a great midday meal. Potato salads are delicious especially during the summer and there is an endless variety of tastes when you try different herbs and vegetables.

Serves 4

- 8 small red potatoes
- 1 red onion finely chopped
- 2 chopped red peppers
- ½ cup chopped parsley or cilantro
- 2 T. red wine vinegar
- 1/3 cup mayonnaise
- 1 T. flaxseed oil (optional but adds omega 3s)
- ¼ teaspoon salt
- ¼ teaspoon pepper

Put the last 5 ingredients in a jar and shake well. Wash the potatoes well but do not peel. Bring a large pot of water to boil and cook the potatoes until firm but not too soft – about 10 - 15 minutes. Test with a fork. If they are too soft they will fall apart but they need to be tender for the best flavor. Remove with slotted spoon and allow them to cool at room temperature before you put the dressing on so it doesn't separate. Cut the potatoes in quarters when they are cool enough. Add the rest of the ingredients and the dressing and mix well. Then the salad may be chilled in the refrigerator for 15 minutes. It's important to put the dressing on before chilling for best flavor. This salad will be very satisfying with a green salad with a few raw veggies and perhaps a little feta cheese and light dressing.