## Faithful Plateful

HERBY POTATO SALAD

2 lb. red potatoes, sliced or cubed
1/4 cup sliced green onions (green and white parts)
1/4 cup packed cilantro or parsley
1 small handful fresh basil leaves (about 2 tbsp packed)
2 TBSP fresh lemon juice
2 tsp dijon mustard
1/4 tsp salt
1/4 tsp pepper
1/4 cup potato cooking water
1 avocado, cubed
1/2 cup chopped pickles
1/4 cup chopped celery (optional)
1/4 cup peas (optional)

1. Get a large pot of water boiling.

2. Slice or cube the red potatoes. No need to peel them unless you want to.

3. Boil the potatoes until just tender when pierced with a fork. You don't want them mushy. About 6 minutes is all it takes, depending on how large you cut them.

4. Take out 1/4 cup of potato cooking water, then drain into a colander.* [Editor's note next column.]

5. Meanwhile, while potatoes are boiling, put the herbs, lemon juice, salt and pepper into a food processor and pulse until you have a choppy green sauce. Add the potato cooking water, which makes it stick to the potatoes and be more creamy. Pulse again until combined.

6. Transfer the potatoes from the colander to a serving bowl. Pour the sauce over the cooled potatoes and gently stir in the avocado and pickles (and peas and celery if using). Use a rubber spatula to gently combine so it doesn't get mushy.

7. Serve at room temperature or chilled. Keeps well in the fridge for 4-5 days.

*Save the potato water to use in soups or stews or to add to veg broth. Full of flavor!



**Faithful Plateful i**s the creation of Faith, an Arizona mom and health coach. It's a name that works: their faith is part of the reason the family follows a plant-based diet. Faith says she "loves to 'health-ify' popular dishes."

Her recipes have:
-no oil
-no white flour
-no meat, dairy, or eggs
-no refined sugar (some chocolate chips)-lots of fruits, vegetables, whole grains, beans, seeds, and flavor!

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WHOLE-FOOD * PLANT-BASED * DELICIOUS