

# Purple potato salad

## INGREDIENTS

5–6 medium-size purple potatoes,  
peeled or skin-on

### *Dressing:*

½ cup raw cashews

1 Tbsp. chickpea miso

1 Tbsp. wakame (seaweed)

1 Tbsp. dried nettles

½ cup extra virgin olive oil

¼ cup water, or more depending on desired  
thickness

Juice of 1 full lemon

½ tsp. sea salt

### *Garnish:*

3–4 Tbsp. fresh chives or other fresh herbs

## PREPARATION

Scrub potatoes and chop into bite-size pieces. Fill a medium pot with water and bring to a boil. Add potatoes to the boiling water, reduce heat, and simmer until potatoes are fork tender (about 15–20 minutes). Drain potatoes and run under cold water to cool. Place in a large bowl.

For the dressing, add remaining ingredients to a high-speed blender (such as Vitamix, NutriBullet, or BlendTec) and blend on high until completely pureed.

Begin by adding about half of the dressing to the cooled potatoes. Mix until potatoes are coated with dressing, adding more if desired. Garnish with chives or other fresh herbs. Serve cold to get the full benefit of the resistant starch! You can use any leftover dressing to dress greens or other veggies.

*4–6 servings*