

Creamy Potato Salad for Everyone

Source: Dustin Harder of VeganRoadie.com

About the Recipe

109 Calories · 3 g Protein · 3 g Fiber

Side Dish

Ingredients

Makes 12 Servings

- 4 large russet potatoes, peeled and cut into 1-inch chunks
- 2 celery stalks, thinly sliced
- 1/2 red onion, minced
- 2 scallions, thinly sliced
- 1/4 cup (56 g) Universal Meals Marvelous Mayonnaise or vegan mayonnaise
- Juice of 1 lemon
- 3 tablespoons (33 g) Dijon mustard
- 1 tablespoon (20 g) maple syrup
- 1 teaspoon smoked paprika, plus more for garnish
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- 2 tablespoons (8 g) freshly chopped parsley, plus more for garnish

Directions

1. Bring a pot of water to a boil; make sure there is enough water to submerge the potatoes. Carefully add the potatoes to the boiling water. Let cook for 8 minutes or until fork tender; do not let the potatoes turn to mush. Drain the potatoes in a colander and run cold water over them to cool them.
2. Transfer potatoes to a large bowl and add the celery, onion, scallions, mayonnaise, lemon juice, Dijon mustard, maple syrup, smoked paprika, salt, and pepper. Mix until everything is combined. Transfer to a serving dish and

sprinkle with smoked paprika and parsley, if using.NOTE: If time allows, make a day in advance and allow it to sit in the fridge overnight to enhance the flavor.

Nutrition Facts

Per serving:

Calories: 109

Fat: 1 g

Saturated Fat: 0 g

% Calories From Fat: 9%

Cholesterol: 0 mg

Protein: 3 g

Carbohydrate: 23 g

Sugar: 2 g

Fiber: 3 g

Sodium: 318 mg

Calcium: 22 mg

Iron: 1 mg

Vitamin C: 11 mg

Beta-Carotene: 135 mcg

Vitamin E: 1 mg