

Herbal Legacy Recipes

Red Potato Salad

From Original Fast Food by James & Colleen Simmons

INGREDIENTS

- 1 lb red potatoes, unpeeled and sliced
- 1 bundle asparagus spears
- 1 recipe Honey Mustard Dressing (below)

DIRECTIONS

Boil Potatoes until tender. Add asparagus during last 5 minutes. Drain, separate, place potatoes in bowl, remove asparagus tips, slice stalks and mix with potatoes. Coat with dressing and garnish with asparagus tips.



Honey Mustard Dressing

INGREDIENTS

- 2 T. extra virgin olive oil
- ¾ C distilled water
- 1 ½ t. dry mustard
- ¼ small red onion
- ¼ C honey
- 10 almonds soaked and drained
- 2 T. apple cider vinegar

DIRECTIONS

Place all ingredients in blender and blend until smooth. This is exceptional over a potato salad, or over a rice and bean salad.

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