

Greek Potato Salad

Makes approximately 6 cups. Refrigerate leftovers for up to 3 days.

Use home-grown, grass-fed and organic ingredients whenever possible.

Ingredients:

2 lbs red potatoes (or specialty gourmet), unpeeled (approx 6 cups, $\frac{3}{4}$ " cubes)
1 tsp Himalayan pink salt

1 small-medium red bell pepper, diced in $\frac{1}{4}$ " pieces (approx $\frac{2}{3}$ cup)
 $\frac{1}{2}$ cucumber, deseeded, diced in $\frac{1}{4}$ " pieces (approx. $\frac{2}{3}$ cup)
3-4 green onions, ends trimmed, then thinly sliced (approx. $\frac{1}{3}$ cup)

Dressing:

$\frac{1}{2}$ cup extra virgin olive oil or avocado oil
2 TBSP balsamic or red wine vinegar
2 TBSP Greek Seasoning (I used Pampered Chef Greek Rub)
2 tsp freshly pressed garlic
 $\frac{1}{2}$ - 1 tsp Himalayan pink salt
Few grinds peppercorns (freshly ground)

Directions:

1. Wash the potatoes but do not peel. Dice into $\frac{3}{4}$ " cubes.
2. To cook on the stovetop: Cook in 3-4 cups water in a heavy pan with tight-fitting lid (to retain nutrients), salting the water with 2 tsp Himalayan pink salt. Cook until fork tender – do not overcook. Scrape the bottom of the pan occasionally during the cooking time, using a flat-bottomed bamboo spatula, to keep potatoes from sticking. Actual cooking time will vary, so check after 10 minutes. Drain.
3. Quick Cooker Method: Add 1 cup of water to the Quick Cooker inset pot, add 1 tsp salt, close lid and adjust time to 4 minutes on high pressure.
4. While the potatoes are cooking, prepare the dressing by mixing all the ingredients together and whisking to combine. Set aside.
5. When the 4 minutes are up on the Quick Cooker, immediately release the pressure. When vent goes down, open the Cooker and drain off water. Place the potatoes in a large bowl. Pour the dressing over the potatoes. Set aside and allow to marinate and cool while you prep the veggies.
6. Dice veggies as described. Gently combine veggies with potatoes and dressing.
7. Optional: Add $\frac{1}{2}$ cup kalamata olives and 4 oz crumbled feta cheese. Stir in gently. Taste-test and adjust salt as needed.
8. Serve on a beautiful bed of fresh greens, together with grilled chicken, beef, burgers or hot dogs, or cold cut deli sandwiches.