

Gut Healthy Potato Salad

Potato salad is a dish that comforts and satisfies us. Potatoes can keep your gut healthy, especially with the addition of sauerkraut. Eggs add more protein.

Prep Time: 15 minutes

INGREDIENTS

Yield: 8 servings

- 2 pounds yukon gold potatoes
- 1 cup diced celery
- ½ cup chopped red onion
- 1 1/2 cup raw sauerkraut, squeeze out excess brine
- ½ cup chopped fresh herbs, parsley or dill
- Can add 3-4 chopped hard-boiled eggs for added protein

Dressing

- 1/3 cup extra virgin olive oil
- 2 Tbsp apple cider vinegar
- 2 Tbsp raw sauerkraut brine
- 1 Tbsp whole-grain mustard
- 1 tsp raw honey
- Sea salt and fresh ground pepper to taste

Recipe adapted from the Caregivers Table



Cook time: 35 minutes

PREPARATION

- Place the potatoes in a pot of cold salted water. Bring to the boil and simmer for 12-15 minutes until tender. Drain and cut into bite sized pieces.
- Place all dressing ingredients in a small bowl. Whisk to combine and set aside.
- Place the potatoes, celery, red onion and sauerkraut into a bowl. Toss with dressing. Garnish with fresh herbs.
- Taste and adjust seasoning with salt, pepper.
- Serve warm or at room temperature.

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