

Side | Snack

Lemon Dill Potato Salad

Side Effect: Constipation

10 Mins
Prep Time

30 Mins
Cook Time

6
Servings

 **212 Calories** **10g Fat** **31g Carbs** **5g Protein**



Ingredients

 **6 Servings**  **40 Mins Total Time**  **Allergens: None**

Salad

24 oz Small, Round Potatoes, **washed thoroughly** and halved 

2-3 Tbsp Extra Virgin Olive Oil

Kosher Salt, to taste

½ lb Asparagus, **washed thoroughly** and cut into 1-inch pieces 

8 oz Green Peas, **washed thoroughly**

1 Bunch Radishes, **washed thoroughly** and thinly sliced

½ Cup White Beans, if using canned **rinse thoroughly** 

Dressing

Juice of 1 Lemon, **washed thoroughly** before juicing

¼ Cup Fresh Dill, **washed thoroughly** and finely chopped

2 Tbsp White Vinegar

1 Tbsp Dijon Mustard

1 Tbsp Extra Virgin Olive Oil

Nourishment Note



Potatoes

The skin of a potato contains the highest amount of fiber, specifically insoluble fiber. Insoluble fiber helps to relieve constipation. Cooled potatoes also contain resistant starch that may help to feed gut-bacteria and promote a healthier digestive system.



Asparagus

Asparagus contains many nutrients including folate. Folate is important in helping grow new and healthy cells.



White Beans

White beans contain a high amount of insoluble fiber. Insoluble fiber helps to draw water and add bulk, making it a great type of fiber for relieving constipation. Beans are also a good source of plant-based protein.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Oven

Preheat oven to 425° F. Bring a large pot of water to boil.

3. Roast Potatoes

Arrange the potatoes on a baking sheet and drizzle with 2-3 Tbsp olive oil and sprinkle with kosher salt. Roast for 30 minutes, turning half way. Allow to cool completely, then transfer to a large mixing bowl.

4. Prepare Dressing

Prepare the dressing. Whisk together the lemon juice, dill, vinegar, Dijon mustard, and olive oil. Set aside.

5. Cook Asparagus & Peas

Once the water has boiled add the asparagus and peas. Cook for about 5 minutes. Strain and rinse with ice cold water to stop the cooking process.

6. Combine Ingredients

In the large bowl, combine the asparagus, peas, radishes, beans, and dressing. Mix to combine. Enjoy salad at room temperature.

7. Refrigerate

Refrigerate leftovers for up to 3 days in a covered container.

8. Wash Hands

Wash hands with soap and water.

Recipe adapted from: [makingthymeformeal.com](https://www.makingthymeformeal.com)

What You'll Need



Cutting Board



Knife



Colander



Large Pot



Baking Sheet



Measuring Cups



Measuring Spoons



Whisk



Large Bowl



Spoon

Fatigue Buster

- **Peas:** Use frozen peas instead of fresh to reduce prep time.
- **Lemon Juice:** Use bottled lemon juice instead of squeezing your own.
- **Radishes:** Use pre-sliced radishes to reduce meal prep time.
- Enlist in the help of a trusted friend or family member to help prepare this recipe.