

## Sweet Potato White Potato Salad with Avocado Mayo

Serves 2-4

2 cups Yukon Gold or white potatoes, cut into cubes (do not peel but wash if needed)  
2 cups sweet potatoes, peeled and cut into cubes  
1-2 roasted red peppers, chopped  
1 large celery stalk, chopped in small pieces  
1 carrot, grated  
2 tbsp red onion, chopped  
3 tbsp fresh dill, chopped  
2 tbsp fresh parsley, chopped  
6 cups baby green, romaine lettuce and baby greens

### Avocado Mayo:

1 avocado  
2 tsp lemon or lime juice  
2-3 tsp apple cider vinegar  
1-2 tsp raw honey  
1/4 cup olive oil (or oil of choice)  
Sea salt and pepper to taste

### To Make The Salad:

1. Place the sweet potatoes in a colander. Fill a pot with 2 inches of hot water and rest the colander in the pot. Cover with a lid. Bring to a boil and steam until the potatoes are soft (about 10-14 minutes). Let cool.
2. In the meantime, make the mayo. Peel and pit the avocado. Put the avocado, lemon or lime juice, apple cider vinegar, olive oil in a mini-blender until smooth.
3. Season with sea salt and pepper to taste. Put in an airtight container and refrigerate until ready to use.
4. Add more yogurt to thin the mixture. Use a whisk to make the mixture smooth. If the mixture is still too thick, you can add more yogurt or add water, if you have the flavour where you want it to be, and do not wish to add more yogurt. Season to taste with sea salt and pepper.
5. The dressing can also be made but putting all the ingredients into a small blender and blending.
6. To make the salad, place the potatoes into a bowl and add the celery, red peppers, green onion and dill. Add some of the dressing and mix. If more dressing is needed, add more dressing.
7. Season again with sea salt and pepper, if needed. Can be served a room temperature or chilled. Excess dressing can be stored in the refrigerator for 2-3 days.

**Tip 1:** Feel free to adjust the amount of lemon or lime juice, apple cider vinegar or honey to your taste

**Tip 2:** This recipe can be made with just white potatoes, using the same method or just sweet potatoes

**Tip 3:** You can add other vegetables as desired. They can be cooked or raw. It's your choice.

**To roast a red pepper:** Cut the red pepper in half and remove the seeds. Flatten the two pieces of red pepper and place on a tray. Put the tray under the broiler and blacken the skin. Let cool and peel off the skin. Use as directed in the recipe.