

Hey Sunday Chef!

Got your apron ready? Because today we're turning a classic summer favorite into a gut-happy, heart-healthy masterpiece - all without a drop of oil.

Yep, we're talking about a creamy Rosemary Garlic Potato Salad that uses a homemade oil-free mayo and a zingy oil-free rosemary garlic dressing. It's so good, your taste buds won't even miss the inflammation bombs.

Here's what we're making:

Rosemary Garlic Potato Salad

Ingredients:

- 2 pounds white potatoes, cut into ½-inch cubes
- 4 stalks celery, diced
- ½ cup homemade oil-free mayo (recipe below)
- ¼ cup homemade oil-free rosemary garlic dressing (also below!)

Directions:

Add potatoes to a large saucepan, cover with water, and bring to a boil.

Reduce to a simmer and cook for 10-15 minutes, until potatoes are tender.

Drain, set aside to cool.

Once cool, gently toss with celery, mayo, and rosemary garlic dressing.

Homemade Oil-Free Mayo

Ingredients:

- 1 cup cooked white beans (cannellini or navy), rinsed & drained
- 2-3 tbsp unsweetened plain yogurt (plant-based or dairy)
- 1 tbsp apple cider vinegar or lemon juice
- 1 tsp Dijon mustard
- 1 clove garlic (optional)
- Pinch of sea salt
- 1 tsp Plant Derived Minerals
- Water as needed, 1 tbsp at a time

Instructions:

Blend all ingredients in a blender or food processor until creamy and smooth.

Only add water if needed - a little goes a long way.

Store in the fridge up to 5 days.

Oil-Free Rosemary Garlic Dressing & Marinade

Ingredients:

- ¼ cup water (or unsweetened veggie broth)
- 2 tbsp apple cider vinegar or lemon juice (or both)
- 1 tbsp Dijon mustard
- 1 tsp dried rosemary (or 1 tbsp fresh, minced)
- 1 tsp garlic powder (or 1 fresh clove, minced)
- 1 tsp raw honey or maple syrup (optional)
- Pinch sea salt & cracked black pepper
- ½ tsp Plant Derived Minerals

Optional: ½ tsp onion powder or 1 tsp nutritional yeast

Instructions:

Whisk all together in a bowl or shake in a mason jar.

Let sit 10 min so flavors marry.

Store in fridge up to a week.

There you have it!

A stunning potato salad that's:

- Oil-free
- Creamy
- Herbaceous
- Totally guilt-free

Serve it up at your next BBQ or Sunday dinner and watch everyone ask for the recipe.