

Potato and Asparagus Salad



Makes 6 servings

Ingredients

- 1 tbsp of coconut oil
- 1 red bell pepper
- 1 garlic clove - freshly minced
- 1 lb of asparagus
- 2 lb of potatoes - peeled and chopped
- ½ cup of plain yogurt
- 2 tbsp of mayonasia
- few springs of parsley
- 4 scallions

Directions

- ☞ Heat the oil in a large skillet and sauté the bell pepper over medium heat until it's just crisp – tender, 3 minutes.
- ☞ Add the garlic and cook 1 minutes
- ☞ Remove the bell pepper and as much of the garlic as you can.
- ☞ Set aside in a small bowl.
- ☞ Wipe out the skillet, add ½ cup water and the asparagus, and simmer until it's crisp- tender, about 3 minutes.
- ☞ Meanwhile cook the potatoes separately in boiling salted water until tender, 5 – 7 minutes.
- ☞ Drain and cool the potatoes slightly.
- ☞ Combine the yogurt, mayonnaise, parsley, salt and white pepper in a small bowl.
- ☞ Blend in the yogurt mixture.
- ☞ Cover and chill until needed.
- ☞ Let stand at room temperature 10 -15 minutes before serving.

Nutrients (approximately)

170 Calories per serving,
Fat 6.2g, Saturated Fat 2.5g, Cholesterol 1.9mg, Sodium 137.5.7mg,
Carbohydrates 26.5g, Fiber 3.4g, Sugars 3.3g, Protein 3.7g

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