



# Rainbow Potato Salad

So colorful & cheerful, this potato salad is sure to amaze! Healthy, festive small potatoes with colorful veggies & chia make this a nutritious vegetarian meal. Celery adds nice crunch while either mozzarella or feta cheese smoothes the flavors together. The skins of brightly colored potatoes are very thin (hardly noticeable) but full of nutrients, so simply scrub them clean, and don't peel, for maximum benefit. The dressing adds a 'zip' with mustard and lemon, so you don't need heavy mayo or egg. Used as a side, this potato salad will brighten up any meal!

## Dry Ingredients

18 to 20 small purple potatoes  
9 small yellow potatoes  
2 stalks celery  
zest of 1 lemon  
1/2 cup fresh (or frozen) yellow corn  
2 plum tomatoes  
1/2 cup cubed mozzarella cheese (OR feta)  
1 handful arugula or spinach leaves

## Dressing Ingredients

juice of 1 lemon  
1/4 cup olive oil  
1 tbsp Dijon mustard  
1/8 tsp cracked black pepper  
2 tsp dry MySeeds Chia  
1 tbsp snipped fresh basil



Boil all colored potatoes until tender--about 7 to 10 minutes. Any larger potatoes will take longer, so feel free to remove smaller potatoes earlier. While the potatoes are boiling, chop the tomatoes & the celery and zest the lemon. Cut the cheese into small pieces or crumble the feta.

Drain the potatoes when tender, and rinse with cool water. Once cool enough to handle, cut lengthwise into bite size pieces. If using fresh corn, boil the corn in the water that you used for the potatoes as it's already hot.

In a measuring cup, add the olive oil & lemon zest. Squeeze all the juice from lemon into the cup then add the mustard, pepper, basil & chia seeds. Stir well to combine.

In a large bowl add the cut potatoes, corn, cheese, tomato & celery. Last add your choice of arugula or spinach leaves. Pour the dressing over the ingredients & stir to combine. The chia will cling among the healthy veggies. Scoop onto plates and you're ready to serve. This may be served warm or chilled. This makes about 2 servings if used as a meal.

## Colorful Small Potatoes

The color in these potatoes does more than just make them look lively. Red, purple & yellow potatoes are much better for you than plain, white potatoes...however, they taste about the same! Yellow potatoes are mild with a slightly nutty taste, while purple & red ones have a very 'usual' potato taste. It's the color in the purple potato that gives the most nutritional boost. They're rich with anthocyanins & plant phenols which are both powerful anti-oxidants. Yellow potatoes are rich in carotenoids while red is rich in potassium.