

## German Potato Salad

Angie Lord, RDN, LD, CSO, CCMS



**About this recipe:** This is a warm potato salad recipe with a vinegar-based dressing that is popular in the southern regions of Germany.

**Can help with side effects:** It is helpful for GI upset since the potatoes are peeled and well cooked. Potatoes are soft and moist for difficulty swallowing. The tangy dressing provides “zing” for those with taste changes. Bone broth adds an extra nutrition boost.

**Servings: 6**

**Serving Size: ½ cup**

### Ingredients:

- 5 yellow potatoes
- 3 teaspoons salt, divided
- 1/2 small white onion, chopped
- 3/4 cup beef bone broth, heated
- 2 tablespoons white wine vinegar
- Pinch of black pepper
- 1 tablespoon Dijon mustard
- 2 tablespoons vegetable oil
- parsley

**Instructions:**

1. Wash potatoes. Put in pot covering them completely with water. Add 2 teaspoons salt and bring to a boil. Boil for 20-40 minutes depending on size. Check them often for doneness and remove them from the water when they are knife tender.
2. While potatoes are boiling, peel and finely chop onion.
3. Add onion, bone broth, vinegar, black pepper and remaining salt (1 teaspoon) to sauce pan. Bring mixture to a simmer and turn off heat. Stir in mustard.
4. Peel potatoes while hot, then slice them into ¼ inch slices into a large bowl. Pour the dressing over the potatoes and mix gently. Cover to let potatoes soak up flavors for at least 1 hour, mixing ingredients periodically.
5. Prior to serving, fold in the oil.
6. Garnish with parsley.

Per serving: 120 calories, 2 g protein, 20 g carbs/2 g fiber, 3 g fat