

Potato and Carrot Salad

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Serves: 4-6 people
Yield: approximately 7 cups
Time: 1:00 hour

Ingredients

4 medium carrots, peeled and cut into quarter moons
4 large red potatoes, medium dice, do not peel
2 large eggs
1 tablespoon of apple cider vinegar
Juice from half of an orange
2 teaspoons of mustard
1 teaspoon of honey
¼ cup of olive oil
1 teaspoon of sea salt

Directions

- ✦ **Hardboiled Eggs:** Place the eggs in a small pot filled with water at least two inches above the eggs. Bring to a boil over medium heat. Boil for one minute and turn off heat. Remove the pot from the heat, cover and let stand for 15 minutes. Drain and cover eggs with ice water until completely cooled. Peel, rinse and dice.
- ✦ In a large pot, boil the potatoes and carrots for about 10 minutes or until soft. Drain vegetables and let cool.
- ✦ While vegetables are cooling, whisk together the vinegar, mustard, orange juice, honey and salt in a bowl. Slowly whisk in the olive oil until dressing is thick and creamy. Pour the creamy vinaigrette on top of the cooled vegetables and eggs and mix well with a spoon.
- ✦ Cover and refrigerate until chilled.

Did You Know?

Leaving the skin on the potatoes provides more nutritional value because the skin is packed with potassium, vitamin C, fiber and vitamin B which contribute to a healthy heart, healthy skin and strong muscles.

