

Side

Fresh Picnic Salad

15 Mins
Prep Time

20 Mins
Cook Time

6
Servings

287 Calories **14g** Fat **43g** Carbs **11g** Protein

Ingredients

6 Servings **35 Mins** Total Time **Allergens: N/A**

1½ lbs Yukon Potatoes, peeled and cut into quarters

1 Tsp Dijon Mustard

Juice of **½** a Lemon

3 Tbsp White Wine Vinegar

⅓ Cup Olive Oil

½ lb Asparagus, ends removed leaving only the tips

⅓ lb Green Beans, ends trimmed and chopped into **¼"** pieces

¼ Cup Fresh Chives, finely chopped

¼ Cup Fresh Basil, finely chopped

¼ Cup Fresh Dill, finely chopped

Salt and Pepper, to taste (omit pepper if bothersome)

Optional Ingredient: **1 Tbsp** Capers, as they may cause stomach discomfort for some



Nourishment Note



Potatoes

Peeled and cooked potatoes contain vitamin C and potassium, both important nutrients in inflammatory bowel disease.



Olive Oil

Olive oil contains monounsaturated fats. This type of fat may help to reduce inflammation associated with Crohn's disease and ulcerative colitis.



Asparagus

Cooked asparagus tips are typically well tolerated during a flare-up. Asparagus provides folate, potassium, and vitamins A, B, & C, nutrients often low in those with Crohn's disease and ulcerative colitis.



Green Beans

Green beans are a tolerable food for people with chronic digestive issues. Green beans also contain folate, vitamin C, and vitamin A, all important nutrients in irritable bowel disease.

Instructions

1. Boil Potatoes

Place the potatoes in a medium-sized saucepan and cover with water. Place the saucepan on the stove and bring to a boil over medium-high heat.

2. Cook & Drain Potatoes

Lower the heat to a simmer and cook the potatoes until fork tender, about 13-16 minutes. Using a slotted spoon, remove the potatoes from the water and place in a large mixing bowl. Reserve the cooking water in the saucepan.

3. Whisk Dressing

In a small mixing bowl, combine the mustard, lemon juice, and vinegar. While whisking, slowly drizzle the olive oil into the bowl and whisk until the mixture appears to be a unified dressing.

4. Cook Green Vegetables

Bring the saucepan with potato water back up to a boil, then add the asparagus and green beans. Boil vegetables until tender, about 3-4 minutes.

5. Transfer to Ice Bath

Using a slotted spoon, transfer the asparagus and green beans into an ice bath (a bowl of water with ice cubes) to shock them and stop the cooking process.

6. Dry Vegetables and Add Herbs

Dry the vegetables off and add to the bowl with potatoes. Add herbs and dressing. Mix well to evenly coat. Sprinkle with capers and salt and pepper, to taste. (Capers can also be served on the side or omitted.)

Recipe adapted from greenvalleykitchen.com

What You'll Need



Cutting Board



Knife



Measuring Spoons



Measuring Cups (liquid & dry)



Medium-Sized Saucepan



Slotted Spoon



Spoon



Whisk



Mixing Bowls (large, medium, and small)

Remission Remix

- Omit peeling the potatoes and cut into quarters. The skin adds additional nutrients to the dish.
- Try using a grainy Dijon mustard, in place of a creamy version to add a more robust flavor.