

Side | Snack

# Lemon Dill Potato Salad

Side Effect: Constipation

**10 Mins**  
Prep Time

**30 Mins**  
Cook Time

**6**  
Servings

**212 Calories** **10g Fat** **31g Carbs** **5g Protein**



## Ingredients

**6 Servings** **40 Mins Total Time** **Allergens: None**

### Salad

24 oz Small, Round Potatoes, **washed thoroughly** and halved

2-3 Tbsp Extra Virgin Olive Oil

Kosher Salt, to taste

1/2 lb Asparagus, **washed thoroughly** and cut into 1-inch pieces

8 oz Green Peas, **washed thoroughly**

1 Bunch Radishes, **washed thoroughly** and thinly sliced

1/2 Cup White Beans, if using canned **rinse thoroughly**

### Dressing

Juice of 1 Lemon, **washed thoroughly** before juicing

1/4 Cup Fresh Dill, **washed thoroughly** and finely chopped

2 Tbsp White Vinegar

1 Tbsp Dijon Mustard

1 Tbsp Extra Virgin Olive Oil

### Nourishment Note



#### Potatoes

The skin of a potato contains the highest amount of fiber, specifically insoluble fiber. Insoluble fiber helps to relieve constipation. Cooled potatoes also contain resistant starch that may help to feed gut-bacteria and promote a healthier digestive system.



#### Asparagus

Asparagus contains many nutrients including folate. Folate is important in helping grow new and healthy cells.



#### White Beans

White beans contain a high amount of insoluble fiber. Insoluble fiber helps to draw water and add bulk, making it a great type of fiber for relieving constipation. Beans are also a good source of plant-based protein.

## Instructions

### 1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

### 2. Preheat Oven

Preheat oven to 425°F. Bring a large pot of water to boil.

### 3. Roast Potatoes

Arrange the potatoes on a baking sheet and drizzle with 2-3 Tbsp olive oil and sprinkle with kosher salt. Roast for 30 minutes, turning half way. Allow to cool completely, then transfer to a large mixing bowl.

### 4. Prepare Dressing

Prepare the dressing. Whisk together the lemon juice, dill, vinegar, Dijon mustard, and olive oil. Set aside.

### 5. Cook Asparagus & Peas

Once the water has boiled add the asparagus and peas. Cook for about 5 minutes. Strain and rinse with ice cold water to stop the cooking process.

### 6. Combine Ingredients

In the large bowl, combine the asparagus, peas, radishes, beans, and dressing. Mix to combine. Enjoy salad at room temperature.

### 7. Refrigerate

Refrigerate leftovers for up to 3 days in a covered container.

### 8. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from: [makingthymeformehealth.com](http://makingthymeformehealth.com)

## What You'll Need



Cutting Board



Knife



Colander



Large Pot



Baking Sheet



Measuring Cups



Measuring Spoons



Whisk



Large Bowl



Spoon

### Fatigue Buster

- **Peas:** Use frozen peas instead of fresh to reduce prep time.
- **Lemon Juice:** Use bottled lemon juice instead of squeezing your own.
- **Radishes:** Use pre-sliced radishes to reduce meal prep time.
- Enlist in the help of a trusted friend or family member to help prepare this recipe.