

Garlic & Dill Potato Salad

INGREDIENTS

- 1.5lbs - 2lbs [Strohauer Farms](#) baby red potatoes
 - 2tsp sea salt
 - 4 cloves garlic, finely chopped
 - 1/4c dill, chopped
 - 1/4c sunflower oil
1. Chop baby red potatoes in half and place in them in boiling water for about 12 minutes until soft but still firm.
 2. In the meantime, combine sea salt, garlic, dill, and sunflower oil in a mixing bowl and stir until well combined.
 3. Remove boiled potatoes from heat and strain.
 4. Place potatoes in an ice bath or in the freezer for a few minutes to immediately cool (this helps boost the resistant starches which feeds the good bugs in the gut!).
 5. Add chilled potatoes to a mixing bowl and coat with dressing.
 6. Toss until well combined, serve, and enjoy!