

Vegan Potato Salad

Classic potato salad with a plant-based twist - no mayonnaise or tofu. I promise you will not miss either!

Ingredients

- 6-8 red potatoes, coarsely chopped*
- ½ cup diced celery (2-3 stalks)
- ½ cup diced purple onion
- ¼ cup pickle relish – sweet or dill



Dressing Ingredients

- 1 cup garbanzo beans**
- ½ cup plant milk
- ¼ cup hemp seeds
- 2 Tbsp lemon juice
- 1 Tbsp agave or maple syrup
- 2 Tbsp mustard (1 brown/1 dijon)
- 1 Tbsp red wine vinegar
- 1 Tbsp tomato paste or ketchup (optional)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp worcestershire sauce
- ½ tsp smoked paprika
- ½ tsp dried dill (1 tsp fresh)
- ½ tsp black pepper
- salt to taste (optional)
- parsley or paprika to garnish, if desired

Instructions

1. Boil the potatoes for 8-10 minutes, until fork tender.
2. Drain the potatoes and cool completely. Set aside.
3. In a high-speed blender or food processor, blend all of the dressing ingredients until smooth, about 1-2 minutes. Add a splash of milk if it's too thick.
4. In a large bowl, combine the potatoes, onions, celery, and relish.
5. Pour the dressing over the potatoes.
6. Stir together well to incorporate.
7. Store in a covered bowl or air-tight container in the refrigerator for up 4-5 days.
8. Garnish with parsley or paprika, if desired.

Notes

* You can use any kind of potato you have or prefer, but I like red potatoes in this. Leave the skins on or take them off. I always leave them on.

** I like using garbanzo beans in this dressing but you can use any white or lighter colored bean.

*** The tomato paste adds incredible umami flavor, as well as a slightly pink hue. Feel free to reduce or omit the tomato paste if you're not up to being different. The flavor is worth it though.