

Good Gut Potato Salad Recipe

For clients looking to improve gut health or better manage blood sugar I suggest including potato salad as a regular part of their meal plans. Cooked and cooled potatoes are full of a special compound called resistant starch. Resistant starch, as the name implies, resists digestion in the small intestine. This means the starch doesn't increase your blood sugar, instead it makes it way to the large intestine where it becomes food (aka prebiotics) for your good gut bacteria. This recipe goes one step further by also including probiotics from sauerkraut to help populate your gut with more beneficial microbes. Make sure the sauerkraut you are using is raw or mentions probiotics on the label and is sold refrigerated. The heat treatment used in shelf stable or processed sauerkrauts kills the beneficial probiotics.

Prep Time: 25 mins

Total Time: 3 hr. 30 mins

Makes: 6-8 servings (~ ¾ cup)

Ingredients:

2 pounds russet potatoes, peeled and cut into 1-inch cubes

2 tablespoons raw apple cider vinegar

1 tablespoon sauerkraut brine

1 tablespoon grainy mustard

1 teaspoon maple syrup

½ teaspoon sea salt

½ teaspoon fresh cracked black pepper

½ teaspoon minced or grated garlic

¼ cup olive oil

¾ cup fermented, raw sauerkraut

2 ribs celery, finely diced

½ red onion, finely diced

1 cup lightly packed chopped flat leaf parsley

Directions

1. Place potatoes in a large pot covered with cold salted water. Bring to a boil and cook 6-8 minutes or until tender when poked with the tip of a paring knife. Drain and transfer to a bowl; allow to cool at room temperature for about 20 minutes.
2. Meanwhile whisk together vinegar, sauerkraut brine, mustard, maple syrup, salt, pepper, and garlic. Slowly add olive oil, whisking constantly until well combined.
3. In the bowl with the potatoes, add sauerkraut, celery, onion, parsley and dressing. Toss to combine; adjust seasoning to taste.
4. Refrigerate until potatoes are completely cooled, at least 2 hours. Salad can be stored in the refrigerator for up to 4 days.