

creamy avocado-potato salad

1½ to 2 pounds (675 to 900 g) yellow potatoes, chopped into ½-inch (1-cm) cubes (4½ to 5½ cups/1.1 to 1.4 L)

3 teaspoons (15 mL) extra-virgin olive oil

½ teaspoon (2 mL) fine-grain sea salt

¼ teaspoon (1 mL) freshly ground black pepper

1 bunch asparagus, woody ends broken off, stalks chopped into 1-inch (2.5-cm) pieces

½ cup (125 mL) chopped green onions

FOR THE DRESSING:

½ cup (125 mL) avocado

2 tablespoons (30 mL) minced fresh dill

4 teaspoons (20 mL) fresh lemon juice

1 green onion, roughly chopped

¼ teaspoon (1 mL) fine-grain sea salt, or to taste, plus more for serving

Freshly ground black pepper

This recipe blends avocado with fresh dill, green onion, and lemon juice to create a tangy, creamy dressing for roasted potatoes and asparagus. I promise you will never see potato salad the same way again! Traditional potato salads tend to call for boiled potatoes, but I like to use crispy roasted potatoes to give my potato salads a fantastic, mush-free texture. Try it and see the difference yourself.

Serves 3

PREP TIME: 25 minutes

COOK TIME: 30 to 35 minutes

gluten-free, nut-free, soy-free, sugar-free, grain-free

1. Preheat the oven to 425°F (220°C). Line two rimmed baking sheets with parchment paper.
2. Spread the potatoes in an even layer on one of the prepared baking sheets and drizzle them with 1½ teaspoons (7 mL) of the oil. Season with half of the salt and pepper. Spread the asparagus on the second baking sheet and drizzle with the remaining 1½ teaspoons (7 mL) oil. Season with the remaining salt and pepper.
3. Roast the potatoes for 15 minutes, flip them, and roast for 15 to 20 minutes more, until golden and fork-tender. During the last 15 minutes of roasting the potatoes, place the asparagus in the oven and roast for 9 to 12 minutes, until tender. Transfer the roasted potatoes and asparagus to a large bowl and stir in the green onions.
4. Make the Dressing: In a mini food processor, combine the avocado, dill, lemon juice, green onion, salt, pepper, to taste, and ¼ cup (60 mL) water and process until smooth.