
Taro "Potato" Salad

Description

There are so many positive reasons to incorporate locally grown produce into our menus, whether you are a professional or home cook! Try this salad and you will be pleasantly surprised at this new use of a local staple – taro. It has more “chew” than a traditional salad made with potato, which is the reason why Chef Michi loves it so much!

Total time: 30 min Yield: 6 servings

Ingredients

1/4 cup mayonnaise
3/4 cup fat free Greek yogurt
1/4 cup apple cider vinegar
2 Tbsp agave
garlic salt (to taste)
black pepper (to taste)
6 cup taro (1" cubed, steamed until tender)
1/2 cup red onion (medium diced)
1 cup celery (sliced thin)
1/2 cup radish (sliced thin, watermelon radish for great color but any will do)
2/3 cup red bell pepper (diced)
1/2 cup green onion (sliced diagonally)

Prep Time: 30 min Cooking Time: 0 minutes Total Time: 30 min

Instructions

Make the “dressing” by combining the mayonnaise, yogurt, apple cider vinegar and agave in a large mixing bowl, then seasoning with garlic salt and a lot of black pepper. Add in the taro, red onion, celery, radish and bell pepper and toss to coat the ingredients with the dressing. If using another dish to serve, pour salad into the serving dish and sprinkle with the green onion for a splash of color. You can enjoy it immediately or chill in the refrigerator prior to serving.

Recipe brought to you by:

Chef Michi Holland