

Salad “Vinegret”

Resistant starch is great for weight loss. It also provides beneficial prebiotics. Basically, boiled/baked potatoes that are refrigerated for 24 hours and eaten cold provide a huge amount of resistant starch to feed our Trillion+ beneficial bacteria. But how to eat the potatoes cold? I love this simple and delicious recipe rich in color and resistant starch.



Ingredients:

4 medium potatoes

2-3 medium beets

4-5 pickles (salted pickles “Bubbies” brand for probiotic/prebiotics or marinated pickles from the shelf – they have no probiotics though).

3-4 medium carrots
4-5 tbsp home-made sauerkraut
1 can of English Peas
1 can white Northern beans
2-3 tbsp olive oil

Directions:

1. Combine unpeeled potatoes, carrots, and beets, cover them with water and bring to boil. Let the veggies simmer for 30-40 minutes. Poke them with the fork – if the fork goes in easily – the veggies are ready.
2. Cool the veggies on the countertop, peel and dice them.
3. Add sauerkraut, white Northern beans, English peas, and diced salted pickles. Add salt and pepper to taste.
4. Mix all the veggies and pour olive oil. Refrigerate overnight to get the benefits of resistant starch. Keeps in the fridge 5-6 days. Enjoy!