CRISPY SMASHED POTATO SALAD W/ GARLICKY YOGURT VINAIGRETTE & PICKLED RED ONIONS

RECIPE BY: LINDSEY LOVE | DOLLY AND OATMEAL

- *new potatoes or baby potatoes yield the creamiest smashed potato. if you can, try to find fresh potatoes at a local market or baby potatoes at your grocer.*
- *using avocado oil spray makes all the difference here. brushing it on from a bottle will give the potatoes a bit of a different flavor profile that you may not like. if you don'r have avocado oil spray, then i suggest using an olive oil spray for supreme crispness.*
- *if you are not opposed to dairy, simply substitute the plant based yogurt for greek yogurt.*
- *both the pickled red onions and vinaigrette recipes make extra. use extra onions on salads, to top tacos or fajitas, etc. the extra vinaigrette can be used as a dip for sliced veggies or roasted sweet potatoes, i've also used it in chicken salad which was so good!*

| *serves 4-6* |

- salt
- 2 pounds baby potatoes
- avocado oil spray
- flaky salt
- roughly 1/4 cup pickled red onions (recipe below)
- roughly 1/2-3/4 cup garlicky yogurt (recipe below)
- 2 tablespoons chopped herbs (i favor a mix of chives, parsley, and dill)

pickled onions (makes extra)

- 1/2 cup apple cider vinegar
- 2 teaspoons sugar
- 1 teaspoon fine salt
- 1 cup filtered water
- 1 small red onion, thinly sliced

garlicky yogurt vinaigrette (makes extra)

- 1 cup plant-based unsweetened yogurt (i use kite hill greek-style unsweetened yogurt)
- 2 teaspoons dijon mustard
- 2-3 tablespoons apple cider vinegar
- 1/4 cup extra virgin olive oil
- 2 teaspoons maple syrup
- 1 clove garlic, grated over a microplane or minced

- fine salt & fresh pepper

METHOD

1. to a large pot, add a fat pinch salt and the potatoes. cover the potatoes with water, and bring to a boil. cover, and lower heat to a simmer. let the potatoes cook until tender when pierced with a sharp knife, about 15 minutes. drain potatoes and let them cool until ready to handle.
2. preheat oven to 450˚F and prepare 2 baking sheet with parchment paper, and spray each one with a thin coating of avocado oil. one by one, place the potatoes on the baking sheets, and using the bottom of a large glass, press down lightly and smash them. repeat with all the potatoes. spray the tops and sides with more avocado oil, and sprinkle with flaky sea salt. cook for roughly 20 minutes, until tops are lightly golden, then flip the potatoes over. place back in the oven and cook for another 10-15 minutes, until edges are golden and crispy. remove from oven and let cool for roughly 10 minutes.
3. place potatoes on a large platter or a large shallow bowl. drizzle over the garlicky yogurt vinaigrette, and add the pickled onions. give everything a light toss, just to cover the potatoes (add more vinaigrette, if needed), and top with the chopped herbs. serve immediately.
4. **make the pickled onions**. in a bowl, whisk together the water, vinegar, sugar, and salt until everything has dissolved. place the sliced onions in a jar and cover with the pickling solution. cover with the lid and store in your refrigerator for up to 1 week.
5. **make the vinaigrette**. in a large bowl, whisk together the yogurt, oil, vinegar, mustard, maple syrup, and garlic. season with salt and pepper. taste and adjust if necessary. vinaigrette can be stored in an airtight container in the fridge for up to 1 week.