

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Herb Haven Hot Potato Salad

4 to 6 new potatoes (about 6 cups)
3 tbsp extra virgin olive oil (more or less)
2 tbsp Herb Haven's Herb De' Provence blend
6 strips artisanal bacon
4 green onions, chopped
3 tbsp fresh parsley, chopped
1/4 cup extra virgin olive oil
1 tbsp red wine vinegar or lemon juice
sea salt and freshly cracked black pepper

Preheat oven to 400F. Wash, dry and chop the potatoes into similar size pieces so they cook uniformly. Toss with extra virgin olive oil and herb de'province blend. Lay them on a baking sheet and roast, uncovered for 20 to 30 minutes or until lightly browned. Remove from oven and allow to cool.

Meanwhile, heat a skillet to medium high and cook the bacon until fully cooked, about 6 minutes. Remove to a paper towel, drain and allow to cool. Crumble and set aside.

When potatoes are cool enough to handle, transfer to a large bowl with crumbled bacon, onions, and parsley. Whisk together the olive oil, vinegar and season well. Pour dressing overtop and toss well.



*Recipe courtesy of Brad Smith + Michele Cole
Photograph courtesy of www.fivehearthome.com*

Episode #30: Your Herbal Kitchen Medicine Cabinet

Email Lynn with questions or comments at
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Because What You Put In Your Body Matters!