



## Gail's Recipe of the Month Gail's Organic Potato Salad

*Summertime is the perfect time for a picnic and potato salad goes great with just about anything. Vegannaise is a soy based mayonnaise that you can find in the refrigerated section of your health food store. Whole Foods and most health food stores carry it.*

### Ingredients:

6 red potatoes (with skins) cut into chunky pieces  
3 eggs  
1 stalk celery chopped  
2 green onions chopped  
salt & pepper to taste  
1 ½ teaspoons balsamic vinegar  
2 tablespoons fresh parsley  
2 teaspoons Dijon mustard  
¼ cup soy milk  
1 clove garlic pressed  
1 organic pickle chopped  
¼ cup pickle juice  
½ cup of Vegannaise soy dressing

### To Prepare:

Mix ingredients together and chill overnight in a refrigerator in a covered dish -  
---- serves 6



*Gail Etzler serves on the board of directors for the Prostate Awareness Foundation, and has been founder and executive director Ken Malik's partner for nearly twenty years- almost from the beginning of his prostate cancer journey. A breast cancer survivor herself, Gail has experimented over time and has learned how to cook tasty and nutritious prostate and breast cancer friendly vegan dishes. Some recipes contain seafood, a great source of Omega 3 fatty acids. All of her recipes are free of dairy products and low in fat. Gail's recipes are posted on her Sustainable Prostate Menu Blog on the PAF website:*

**[WWW.PROSTATEAWARENESSFOUNDATION.ORG](http://WWW.PROSTATEAWARENESSFOUNDATION.ORG)**