



Cauliflower Mock Potato Salad

Servings 4 | Prep time 10 mins. | Total time 50 mins.

Equipment: Cutting board, Grater, Strainer or colander, Medium saucepan, Skillet

Utensils: Knife, Measuring spoons and cups

Ingredients

1 ½ cups cauliflower

2 hard boiled eggs, peeled and chopped

½ cup low-fat plain Greek yogurt

2 teaspoons Dijon mustard

Dash of pepper

2 dill pickle spears, chopped



Nutritional Information:

Calories 80

Total Fat 4g

Sodium 260mg

Total Carbs 4g

Protein 7g

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.

2. Chop cauliflower into bite-size pieces and cook:

On the stove: Add cauliflower to boiling water and cook for 5 minutes or until a piece can be pierced easily with a fork.

OR

In the microwave: Add cauliflower to large bowl with two teaspoons of water and microwave on high for 5 minutes. Stir and cook for an additional 5 minutes.

2. Drain cauliflower and add to a medium bowl. Add eggs and pickles to bowl.

3. In a small bowl combine yogurt, mustard, salt and pepper. Add to the cauliflower mixture and toss to coat.

4. Refrigerate for at least 30 minutes before serving.