



Cauliflower Mock Potato Salad

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

Equipment: Cutting board, Large pot or large bowl, Strainer, Medium bowl, Small bowl

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

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.

Nutritional Information:

Calories 80 Total Fat 4g Sodium 260mg Total Carbs 4g Protein 7g