



# Cauliflower Mock Potato Salad

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

## Equipment:

Cutting board

Large pot or bowl for cooking cauliflower on stove or in the microwave

Colander

Medium bowl

Small bowl

## Utensils:

Knife

Measuring spoons and cups

## Ingredients

1 ½ cups cauliflower (about ½ of a small head)

2 hard boiled eggs, peeled and chopped

½ cup plain Greek low-fat yogurt

2 teaspoons Dijon mustard

1 dash black 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:
3. 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

1. 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 black pepper. Add to the cauliflower mixture and toss to combine.
4. Refrigerate for at least 30 minutes before serving.

## Nutritional Information:

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