



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 1/2 cups cauliflower (about 1/2 of a small head)
2 hard boiled eggs, peeled and chopped
1/2 cup plain Greek low-fat yogurt
2 teaspoons Dijon mustard
1 dash black 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:
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.