

Cauliflower Mock Potato Salad

Okay, who loves potato salad? This recipe has all the flavor but not the carbs!

Ingredients

- 1 large head cauliflower
- 2 hard boiled eggs
- 1/3 cup mayonnaise
- 1 tablespoon mustard
- 1 tablespoon dill relish
- 2 teaspoons finely diced onion
- 1 teaspoon fresh dill
- 1 teaspoon chopped chives
- 1 teaspoon vinegar
- 1/2 teaspoon salt more to taste
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon paprika



Instructions

1. Cut the cauliflower into bite sized pieces, much like you would a potato for potato salad. Rinse and drain.
2. Add just enough water to cover the bottom of a 12 inch skillet and bring to a boil over medium high heat. Add the cauliflower to the skillet and cover to steam. Alternately, cook in a steamer basket on the stove top.
3. Let steam for 3-5 minutes, checking for doneness with a fork. When a fork slides in easily, add the cauliflower to a large bowl. Do not overcook the cauliflower or your salad will be mushy. I prefer it tender-crisp.
4. Chop the hard boiled eggs into small pieces and add to the bowl with the cauliflower.
5. In a small bowl, combine the remaining ingredients, except for the paprika, and whisk together to form the dressing for the salad.
6. Gently fold the dressing into the cauliflower and eggs, stirring to coat each piece. Sprinkle with paprika.
7. Refrigerate for at least 1 hour or until cold.

Nutrition Information:

Calories: 140kcal | Carbohydrates: 6g | Protein: 4g | Fat: 11g | Fiber: 2g