

Low Carb Cauliflower “Potato” Salad

What you need:

- 2.5-3 lbs cauliflower head chopped into 1/2" pieces
- 4 boiled eggs
- 3/4 cup pickles or sauerkraut finely chopped
- 3 tbsp red onion finely chopped
- 3 tbsp dill finely chopped
- 2 tsp mustard
- 1 tsp any light color vinegar
- 1/2 cup plain yogurt
- 1/4 cup avocado oil mayo
- 1 tsp salt
- ground black pepper to taste

Instructions:

1. In large pot add chopped cauliflower, and enough water to cover. Bring to a boil and cook covered for 5 minutes.
2. While cauliflower is cooking, chop pickles, onion, eggs, and dill. Add to large bowl along with mustard, vinegar, yogurt, mayo, salt, and pepper. Stir together.
3. Drain cauliflower and rinse with cold water.
4. Stir cauliflower into salad. Refrigerate at least 30 minutes. Serve cold.



Virtual Cooking Class Friday, April 30 - NOON

Join Alasa and Stephanie to learn how to make Low Carb Cauliflower “Potato” Salad.

Please RSVP by calling 845-7471.



- Cauliflower is related to cabbage and kale. Species: Brassica oleracea.
- Cauliflower can be used as a rice substitute.
- Cauliflower can come in four different colors.