

Cauliflower Potato Salad



Ingredients:

2.5-3 lbs cauliflower head, chopped into 1/2" pieces

4 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 low-fat plain yogurt

1/4 cup low-fat mayo

1 tsp salt

Ground black pepper, to taste

Directions:

1. Add cauliflower to a pot, cover with water and bring to a boil. Cook covered on

low for 5 minutes. Drain and rinse with cold water.

2. Add eggs to a pot, cover with water and bring to a boil. Boil for 8-10 minutes, until yolks are firm. Remove with a spoon and place in a bowl with ice and cold water. Let cool for 5 minutes, then peel and dice.
3. Mix mustard, vinegar, yogurt, mayo, salt and pepper in small bowl.
4. Mix pickle, onion and dill in a large bowl. Add mayo mixture and stir to combine.
5. Gently stir cauliflower and eggs into the salad. Refrigerate for at least 30 minutes.

Refrigerate covered for up to 3 days.

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