

Cauliflower "Potato" Salad

1 medium head cauliflower (about 4 cups of florets)
2 hard-boiled eggs
1 medium stalk celery, minced
½ cup chopped green pepper
2 green onions, chopped (green and white parts)
Salt and pepper (to taste)

Dressing

1/3 cup mayonnaise (Walden Farms mayo)
1 tablespoon prepared mustard (brown or yellow)
1 teaspoon lemon juice
¼ teaspoon garlic powder
¼ teaspoon onion powder
1-2 teaspoons worth sugar substitute
2 tablespoons sugar-free pickle relish (look for mount olives pickles or relish they are Splenda sweetened) *I left this out because I was unable to find any such relish... it must be available only in the US*

1. Break or chop the cauliflower into smallish florets. If they are too big, they're difficult to cook so that they have the right "bite" and flavour - the outside tends to overcook.
2. Steam on the stove or microwave florets in a covered container with a small amount of water.
3. Drain and put into a medium bowl.
4. Mix the ingredients for the dressing (mayo, lemon juice, spices, etc.). Taste for the balance of flavours you like. Mix the chopped vegetables and the dressing into the cauliflower. Toss with salt and pepper.
5. Chop the egg and add. *(If you add it too early, the egg breaks down when you are tossing the dressing in and it doesn't look as pretty!)*
5. Add chopped fresh herbs if you wish - chives, dill, or parsley work well, and even mint if you're looking for something different. Garnish with the herb, or sprinkle with paprika. *(I left this part out and thought it tasted fine without – you can be the judge.)*
6. Chill.

Measure 2 cups of salad as one portion of 2 cups of veggies until it's all gone!

NOTE: I made this salad once and totally forgot to cook the cauliflower! I told everyone my mistake and they all agreed that it was just as good so either way is fine. As long as the florets are small enough, it is not an issue. We have enjoyed it both ways, I hope you will enjoy it too!