



Perfect Potato Salad



1/10th of recipe (about 3/4 cup): 118 calories, 5g total fat (0.5g sat. fat), 411mg sodium, 13g carbs, 2.5g fiber, 4.5g sugars, 5g protein

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Prep: 25 minutes **Cook:** 10 minutes

Chill: 1 hour



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Ingredients

6 cups chopped cauliflower (about 1 large head)
10 oz. (about 2 small) white potatoes, peeled and cut into 1/2-inch pieces
3/4 cup light mayonnaise
1/2 cup fat-free plain Greek yogurt
2 tsp. Dijon mustard
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/2 tsp. salt
6 hard-boiled egg whites, chopped
1 cup chopped onion
1/2 cup chopped celery
2 tbsp. seasoned rice vinegar
2 tbsp. chopped dill
2 tbsp. chopped parsley
Optional seasoning: paprika
Optional topping: chopped chives

Directions

Place cauliflower and chopped potato in a large microwave-safe bowl. Add 1/2 cup water, cover, and microwave for 6 minutes. Stir, re-cover, and microwave for 4 minutes, or until tender. Once cool enough to handle, drain excess water.

Transfer 2 cups of the cooked cauliflower only (no potato) to a blender or food processor. Add mayo, yogurt, mustard, seasonings, and 1 tbsp. water. Blend/process until smooth and uniform.

Add mixture to the large bowl, and stir to coat. Add all remaining ingredients. Mix well.

Refrigerate until chilled, at least 1 hour.

MAKES 10 SERVINGS

Prep/Cook FYI: Times do not include hard-boiling, peeling, and chopping the egg whites. If not done in advance, allow about 5 minutes for prepping and 20 minutes for cooking. Or look for hard-boiled eggs in the fridge section at the store.

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Publish Date: July 20, 2016

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