



## Pumped-Up Pesto Potato Salad



1/8th of recipe (about 1 cup): 119 calories, 5g total fat (0.5g sat. fat), 327mg sodium, 11.5g carbs, 2.5g fiber, 3.5g sugars, 8.5g protein

**Prep:** 20 minutes    **Cook:** 10 minutes

**Chill:** 1 hour



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### Ingredients

10 oz. (about 3) baby red potatoes cut into 1/2-inch pieces  
4 cups chopped cauliflower  
1 cup roughly chopped fresh basil  
1 cup roughly chopped kale  
3/4 cup fat-free plain Greek yogurt  
2 tbsp. grated Parmesan cheese  
1 tbsp. olive oil  
1 tbsp. chopped garlic  
3/4 tsp. salt  
1/4 tsp. black pepper  
6 large hard-boiled egg whites, chilled and chopped ([tips here](#))  
1 cup chopped red bell pepper  
3 tbsp. pine nuts  
Optional seasonings: additional salt and black pepper

### Directions

Place potatoes and cauliflower in a large microwave-safe bowl. Add 1/3 cup water, cover, and microwave for 6 minutes. Stir, re-cover, and microwave for 3 minutes, or until tender. Once cool enough to handle, drain excess water.

Meanwhile, in a blender or food processor, combine basil, kale, yogurt, Parm, olive oil, garlic, salt, and black pepper. Add 2 tbsp. water, and blend/process until a smooth paste forms.

Add basil mixture to the large bowl, and stir to coat. Add egg whites, bell pepper, and pine nuts. Mix well.

Refrigerate until chilled, at least 1 hour.

MAKES 8 SERVINGS

**Prep/Cook FYI:** Times do not include hard-boiling, peeling, chilling, and chopping the egg whites. If not done in advance, allow about 5 minutes for prepping, 20 minutes for cooking, and 1 hour for chilling.

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