



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

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 2*

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

Chill: 1 hour



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Four or More Servings](#)

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.

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.