



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

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

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

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

Chill: 1 hour



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

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.

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.