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"Mock Potato" Salad, with Cauliflower

Source: "Let's Get Cooking" Cookbook, by United Way Success By 6 and Cornell Cooperative Extension of Onondaga County

Serving size: 1 cup **Servings per recipe:** 6

This cauliflower salad is lower in calories and carbs than traditional potato salad, and is delicious!

Ingredients

- 3 cups fresh raw cauliflower cut into pieces, or 1 large (16 oz.) bag frozen cauliflower.
- 4 hard cooked eggs, peeled and chopped
- 2 ribs celery, chopped
- 2 onions, chopped
- 1 Tablespoon Dijon style mustard
- 1/4 cup light mayonnaise
- 1/2 teaspoon dill weed
- 1/2 teaspoon each of salt and pepper

Materials

Pan to hard boil eggs, sharp knife & cutting board, measuring cups & spoons, large microwave-safe mixing bowl, small mixing bowl

Directions

1. Put cut cauliflower into a glass or other microwave safe container. Microwave on high, for 5-7 minutes. Cauliflower should be soft, not mushy. Drain well, and let cauliflower cool.
2. Make dressing by mixing mayonnaise, mustard and spices together. Set aside.
3. Mix together cool cauliflower, chopped eggs, celery and onions.
4. Add dressing to vegetables and eggs. Stir gently to combine.
5. Chill salad 2 hours, or overnight.
6. Serve salad cold.

Nutrition Facts

6 servings per container

Serving size 1 cup

Amount Per Serving

Calories 150

% Daily Value*

Total Fat 11g	14%
Saturated Fat 2g	10%
<i>Trans Fat</i> 0g	
Cholesterol 150mg	50%
Sodium 350mg	15%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1.08mg	6%
Potassium 0mg	0%
Vitamin A	6%
Vitamin C	70%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Finger Lakes Eat Smart New York

1581 Route 88 North
Newark, NY 14513
(315) 331-8415



Cornell
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