



NO POTATO SALAD

By Dr. Cindy Tanzar

(Updated – Standard plan, Ovotarian, Maintenance)

This recipe is so delicious and a great substitute for real potato salad. You won't miss the potato at all! It's perfect for a picnic or to take as a side dish to any barbecue or outing. We are always asked for the recipe when we do.

This recipe makes several servings, depending on what you add and the size of your cauliflower. One serving covers your vegetable and ½-1 fat, depending on how much mayo is added.



INGREDIENTS

- 1 medium head of cauliflower or two bags of frozen cauliflower florets, cut into ½ inch pieces
- 2 stalks celery, diced
- 3-4 Tbsp finely chopped Vidalia or red onion
- 1 Tbsp finely chopped parsley
- 2 hard-boiled eggs, diced
- 4-6 Tbsp Primal Kitchen Mayo or Genesis mayo recipe, to taste



1 Tbsp Dijon or yellow mustard, or to taste

Pink Himalayan salt and black pepper, to taste

Optional: Sprinkle with dill or add dill pickles to taste, diced (use Bubbies or organic brand without dyes, sugar or sweeteners added)

INSTRUCTIONS

Steam cauliflower on the stove top just until fork-tender, not longer. Set aside to cool, then place in a large bowl. Add celery, onion, parsley, egg and pickle. Stir in mayonnaise, mustard and salt.