

# CAULIFLOWER “POTATO” SALAD

Cauliflower is loaded with nutrients and cancer-preventing compounds. As a substitute for potatoes in potato salad, it is also a lower carb, lower calorie option with plenty of flavor.

## INGREDIENTS

- 8 cups cauliflower florets
- 2 tablespoons extra-virgin olive oil
- ½ cup thinly sliced scallions
- ½ cup mayonnaise
- 3 tablespoons dill pickle relish
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 ½ tablespoons Dijon mustard
- ½ teaspoon ground pepper
- 3 hard-boiled eggs, coarsely chopped

## DIRECTIONS

### STEP 1

Preheat oven to 450 degrees F. Toss cauliflower and oil together on a rimmed baking sheet; spread in an even layer. Roast, stirring once, until just tender, 10 to 12 minutes.

Let cool for 15 minutes.

### STEP 2

Transfer the cauliflower to a large bowl. Add scallions, mayonnaise, relish, parsley, mustard and pepper; stir well to coat. Gently fold in eggs.

*Serve immediately or refrigerate up to one day!*

## NUTRITION FACTS

Serving Size: 3/4 cup

Per Serving: 183 calories; protein 4.7g; carbohydrates 6.1g; dietary fiber 2.4g; sugars 2.3g; fat 15.8g; saturated fat 2.8g; cholesterol 75.6mg; vitamin a iu 252.3IU; vitamin c 54mg; folate 75.9mcg; calcium 41.6mg; iron 1mg; magnesium 20.4mg; potassium 378.6mg; sodium 316.7mg.



**Wisconsin Athletic Club**

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