



Mock Potato Salad

Ingredients:

- 1 head cauliflower, chopped into small florets
- 2 stalks celery, diced
- ¼ cup yellow onion or scallion, diced
- ¼ cup red onion
- 1 tbsp fresh parsley (optional) finely chopped
- 2 eggs, hard boiled, shelled and diced
- 2-3 tbsp Walden Farms mayonnaise (or Olive Oil)
- 1 tbsp brown mustard
- ½ tsp sea salt

Directions:

1. Steam cauliflower florets (do not overcook!)
2. Place florets into ice water to stop cooking.
3. Add all ingredients in large bowl and mix.
4. Optional: refrigerate and serve cold.

Servings: makes about 2 servings (measure the cauliflower when cut!)

Each serving = 2 cups select vegetables, 1 oz. lean protein, ½ - 1 extra OR daily healthy fat.

716-320-1515
DietMentor.com
info@dietmentor.com