



Weight Loss Done Right!

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 tablespoon fresh parsley (optional) finely chopped
- 2 eggs, hard boiled, shelled and diced
- 2-3 tablespoons Walden Farms mayonnaise (or Olive Oil)
- 1 tablespoon brown mustard
- ½ teaspoon 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.