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# Cauliflower-Potato Salad

*Coweed*

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Servings: 3

Preparation Time: 15 minutes

Start to Finish Time: 1 hour 45 minutes

**1 pound tiny new potatoes, quartered**

**1/2 cup plain Greek-style yogurt**

**1/4 cup light mayonnaise**

**1 tablespoon Dijon mustard**

**1/4 teaspoon salt**

**1/4 teaspoon pepper**

**2 cups steamed cauliflower rice, cooled**

**1/4 cup parsley, finely chopped**

Place the potatoes in a large saucepan with water to cover. Bring to a boil. Cook, covered until tender, 15 to 20 minutes. Drain. Rinse with cold water. Let the potatoes cool.

In a large bowl, stir together the mayonnaise, yogurt, Dijon mustard, salt and pepper.

Stir in the cauliflower rice and parsley. Add the cooled potatoes. Toss gently to coat.

Chill, covered, for at least one hour or up to twenty-four hours.

Yield: 2 cups

## Salads

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*Per Serving (excluding unknown items): 52 Calories; 4g Fat (67.7% calories from fat); trace Protein; 4g Carbohydrate; trace Dietary Fiber; 7mg Cholesterol; 343mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fat; 0 Other Carbohydrates.*