



Cauliflower "Potato" Salad

BY KETO KATZ



Servings & Macros

Serves: 4

Carbs: 5 g, Protein: 2 g, Fat: 23 g,
Fiber: 5 g, Sugar Alcohol: 0,
Net Carb: 0 g, Calories: 249 kcal

This recipe takes a little longer

Prep time: 20 min
Cook time: none

Let's Get Involved

Instagram

https://www.instagram.com/keto_katz_

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Ingredients

- 12 oz bag frozen cauliflower, defrosted and drained
- 2 hard boiled eggs, peeled
- 1/2 cup mayo
- 1-2 tbsp green onions, chopped
- 3/4-1 tbsp sweetener like Pyure, monkfruit, etc.
- 1-2 tbsp dill relish (unsweetened)
- 1 tsp yellow mustard
- onion powder to taste- maybe 1/2 tsp
- Salt and pepper to taste

Instructions

1. Be sure your cauliflower is prepared or defrosted if you're using frozen.
2. In a large bowl, mix the mayo, onions, relish, yellow mustard and the seasonings together.
3. Chop up the eggs into bite-sized pieces. You might want to reserve a couple of slivers if you want to garnish your dish. Not in a show-off kind of way, but in a self-satisfying kind of way. Your call.
4. Add the cauliflower and eggs to the mix and stir it all together. No need to worry about delicacy, it's all going to taste delish!!!
5. What's next? Taste it and make sure it's good, adjust all seasonings as necessary. You can then eat it right away or let it hang out in the fridge which really just improves the flavor :)

