

# CAULIFLOWER-POTATO

# Salad

with Horseradish Dressing

## WAC Fun Food Fact

Adding cauliflower to a classic potato salad is a great way to cut carbs and calories for your summer barbecue meals. Yogurt lightens up the usual mayonnaise dressing.

## Recipe of the Month | JULY

### NUTRITION INFORMATION

Serving size: 1 cup

Per serving: 100 calories; 2 g fat(0 g sat); 3 g fiber;  
17 g carbohydrates; 4 g protein; 3 mg cholesterol; 3  
g sugars; 166 mg sodium;  
Carbohydrate Servings: 1

### INGREDIENTS

- 1½ pounds small new red and/or purple potatoes, halved or quartered
- 4 cups small cauliflower florets
- ½ cup nonfat plain Greek yogurt
- ¼ cup light mayonnaise
- 1 tablespoon whole-grain mustard
- 2 teaspoons prepared horseradish
- 2 teaspoons red-wine vinegar
- ¼ teaspoon salt
- ¼ teaspoon ground pepper, plus more for garnish
- 1 cup chopped red bell pepper ½ cup sliced green onions

### PREPARATION

- 1.** Place potatoes in a 6-qt. pot with water to cover. Bring to a boil and cook for 6 minutes. Add cauliflower; cook until the vegetables are tender, about 4 minutes more. Drain, rinse with cold water to cool and drain again.
- 2.** Combine yogurt, mayonnaise, mustard, horseradish, vinegar, salt and pepper in a very large bowl. Add the cooked vegetables, bell pepper and green onions and toss to coat. Top with freshly ground black pepper, if desired.

*From: Diabetic Living Magazine, Summer 2018*



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